WILL THE NEW PM ACTUALLY TAX THE RICH?

metroNEWS

Trudeau PROMISES TRACKER

PART II

- GENDER PARITY
- TAXATION
- REFUGEES
- CLIMATE
- INDIGENOUS WOMEN

SCIENCE YOU CAN SINK YOUR FANGS INTO

metroNEWS

Toronto metro

Your essential daily news | TUESDAY, OCTOBER 27, 2015 High 13°C / Low 7°C Sun and cloud

RAP YOUR WAY TO MENTAL HEALTH

metrolife

Toronto is keeping the hog in Hogtown

Swine-os defend their love of bacon and hot dogs — despite a WHO study linking processed meats to cancer metroNEWS

Toronto banking on more HQs

ECONOMY

While GTA's number is down, city's is increasing

Jessica Smith Cross
Metro | Toronto

As John Tory woos European banking giant HSBC to Toronto, Statistics Canada says the number of companies choosing the region for their headquarters is declining.

There were 726 company headquarters in the Toronto area — which includes Mississauga, Brampton, Vaughan, Pickering, Oakville and other smaller centres — in 2012, a number that fell to 702 by 2013.

The decline — also seen across Canada, where numbers dropped from 2,816 to 2,773 over the same period — came despite a StatCan change to the definition of "head office," which should have made the numbers grow instead of fall.

Hosting headquarters is important for more than the high-quality jobs they produce directly. Companies require a host of services that tend to help other businesses succeed.

Plus, large companies tend to make charitable donations in the cities they call home, said Peter Viducis, research manager in Toronto's economic development office.

"There are spin offs," he said. "It brings money into the economy."

282

Headquarters within city limits as of December 2014, up from 229 in 2010

While the StatCan numbers released Monday show declines, they're more of a reflection of what's happening in the GTA as whole and not specifically in Toronto, Viducis said.

Headquarter numbers in the city limits have actually shown growth in recent years — up to 282 in December 2014, compared to 229 in December 2010, he said.

As for Tory's pitch to HSBC, the company has said it's exploring a move, partially because of high taxes levied in Britain.

The mayor pitched Toronto as a capital for financial services during a trade mission to London last week.

SOMETHING THIS GOOD SHOULD NEVER END.

CHEVROLET

CANADA WIDE CLEARANCE

NOW EXTENDED

ALL 2015s ARE PRICED TO MOVE

2015 CRUZE LT

AIR CONDITIONING & AUTOMATIC TRANSMISSION

UP TO **$4,000** TOTAL CASH CREDIT[3] (INCLUDES $1,000 OWNER CASH)

Fully Loaded With The Features You Want:

- 4G LTE WI-FI
- REMOTE STARTER & KEYLESS ENTRY
- 7" MYLINK COLOUR TOUCH RADIO
- BACK-UP CAMERA
- AUTOMATIC TRANSMISSION
- AIR CONDITIONING
- POWER WINDOWS, LOCKS AND MIRRORS
- REMOTE KEYLESS ENTRY
- 10 STANDARD AIRBAGS
- BLUETOOTH®
- LED ACCENT LIGHTS

2015 CRUZE LS 1SA

0% PURCHASE FINANCING FOR **84** MONTHS[1] **+ $2,000** IN TOTAL FINANCE CASH[2]

(INCLUDES $1,000 OWNER CASH)

ALL 2015s COME WITH CHEVROLET COMPLETE CARE: **2** YEARS/40,000 KM COMPLIMENTARY OIL CHANGES** / **5** YEARS/160,000 KM POWERTRAIN WARRANTY▲ / **5** YEARS/160,000 KM ROADSIDE ASSISTANCE▲

CHEVROLET

FIND NEW ROADS™ / chevrolet.ca

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES. Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to $799 for Dealer fees.***

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. **1** 0% purchase financing offered by GMCL for 84 months on 2015 Chevrolet Cruze LS 1SA. O.A.C by RBC Royal Bank/TD Auto Finance Services/Scotiabank. Rates from other lenders will vary. Example: $10,000 at 0% APR, monthly payment is $119.05 for 84 months. Cost of borrowing is $0, total obligation is $10,000. Down payment and/or trade may be required. Monthly/bi-weekly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. **2** $2,000 is a combined credit consisting of $1,000 Owner Cash (tax inclusive) and $1,000 manufacturer to dealer finance cash (tax exclusive) for a 2015 Cruze which is available for finance offers only and cannot be combined with special lease rates and cash purchase. **3** $4,000 is a combined total credit consisting of $1,000 Owner Cash (tax inclusive) and a $3,000 manufacturer to dealer cash credit (tax exclusive) for a 2015 Cruze (excluding LS 1SA) which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this $3,000 credit which will result in higher effective interest rates. Discounts vary by model and cash credit excludes Cruze LS 1SA. **1/2/3**/***Freight & PDI ($1,600/$1,600), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2015 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ΔEPA estimated. ◊Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). ®Bluetooth is a registered trademark of Bluetooth SIG Inc. ††2015 Cruze LTZ, MSRP with freight, PDI & levies: $28,639. Dealers are free to set individual prices. **The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014 MY Chevrolet, Buick or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 km, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top-offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. ▲Whichever comes first. See dealer for limited warranty details.

metro NEWS
Your essential daily news

Canada Post halts community mailbox program. **Business**

City pitching the perfect patio

EATERIES

Updates badly needed to level playing field, boost business

Luke Simcoe
Metro | Toronto

The city is making it easier for businesses to set up sidewalk patios — and easier for pedestrians to walk around them.

Planning officials are updating and harmonizing bylaws governing sidewalk patios and expect to release a full report on the effort in January.

There are about 710 sidewalk cafés in Toronto, but the city's director of policy and strategic support, Carleton Grant, says there's room for more.

"We want patios. We want that vibrant street culture," he said.

Each of Toronto's former boroughs has different rules around sidewalk patios. They're still illegal in Scarborough, for example.

The new rules will be the same across the city, Grant said, and will comply with the Accessibility for Ontarians with Disabilities Act. They're expected to require a "straight and clear" pedestrian path on all sidewalks.

Other changes reduce red tape for cafés and restaurants. The law does away with the need for fencing on patios that don't serve alcohol and could allow cafés to put out a small table or a few chairs without a permit.

"That can bring a lot of liveliness to a street where the sidewalks may be too narrow for a full patio," Walk Toronto co-founder Dylan Reid said.

Reid applauded the city for revisiting the bylaws and said the change is overdue. He pointed to cities like Paris, Copenhagen and Oslo, all of which have thriving sidewalk cultures.

"Patios are a huge asset for any city," he said. "They bring people, they bring vibrancy and bring sociability to the sidewalk."

Grant said the biggest issue facing the review is whether to grandfather existing patios, some of which won't comply with the new rules.

"People have been operating a certain way for 20 years and we need to be mindful of that," he said. "There's going to have to be some give and take."

LIZ BEDDALL/METRO

PEDESTRIAN CLEARWAY

Under the proposed bylaw changes, a "pedestrian clearway" would be maintained on all sidewalks to ensure the flow of pedestrian traffic and maintain access for people with disabilities. The clearway must be a minimum of 2.1 metres on major streets and 1.7 metres on local ones.

FURNITURE AND PLANTING ZONE

Sidewalk patios would be located in what the city is calling the "furniture and planting zone." The size would vary depending on the sidewalk. What's new about the law is that the zone no longer needs to be adjacent to the building's frontage.

MARKETING ZONE

The "marketing zone" is a one-metre buffer in front of businesses, where promotional material and merchandise can be placed. This could also allow for very small patios in front of cafés, as long as they don't infringe on the pedestrian clearway.

FEES RISING?

As part of the sidewalk patio review, the city is considering increasing the annual fee charged to patio owners.

Carleton Grant, director of policy and strategic support, acknowledged the fees are low compared to those for other uses of public space in the city and patio fees elsewhere.

For example, Toronto currently charges $76.75 per square metre for patio space, compared to $413 in New York.

Get a Fresh Financial Start

Get Out of Debt Without Bankruptcy Without Loans

SPEAK TO THE Licensed Debt Professionals
FREE CALL
310-9200
(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Credit Counsellors · Licensed Proposal Administrators · Trustee in Bankruptcy

www.DavidSklar.com

David Sklar, CPA, CA, CIRP, Trustee

Research points to more autism causes

HEALTH

But 'broad' warnings may be harmful: Professor

Jessica Smith Cross
Metro | Toronto

A York University researcher is advising women to avoid using cosmetics, cleaning solvents and some common medications during early pregnancy, saying it could cause autism in the developing fetus.

But the warning might do more harm than good, a University of Toronto professor of health policy and ethics said.

Pollution is among the things a York University researcher studying the causes of autism says pregnant women should avoid. TORSTAR NEWS SERVICE FILE

York University Prof. Dorota Crawford is one of three lead authors on a peer-reviewed study published in the European Journal of Neuroscience, which reviewed academic research on autism and identified environmental factors and chemicals that, the paper states, can affect brain development during pregnancy.

The review is based on Crawford's earlier research, which found abnormal levels of lipid molecules could trigger autism by affecting gene expression during brain development, she said. Her current research paper identifies an extensive list of chemicals that can affect those lipid levels and consumer products that contain them.

Some of the most common products identified are polyvinyl chloride (PVC) flooring, makeup and lotions containing phthalates, siloxanes and parabens and over-the-counter medications containing acetylsalicylic acid, such as Aspirin. The research also identifies some less avoidable sources of the chemicals, including air pollution and pesticides.

Existing research hasn't identified what level of exposure to the chemicals is a risk and more study is required, Crawford said. In the meantime, she thinks women should be equipped with information when they make decisions.

"I hope it will instil a different thinking, that perhaps women would be more vigilant and, especially in that early stage of pregnancy, avoid any type of exposure to those chemicals," Crawford said.

From a health ethics standpoint, University of Toronto Prof. Fiona Miller said Crawford's caution might cause women to fear things they can't avoid and feel guilty if they can't have a chemical-free pregnancy.

It would be better to focus on building the body of research that proves the harm stemming from certain products rather than issue sweeping alerts, Miller said.

Dorota Crawford CONTRIBUTED

"I think it's a perverse public health message to individualize the responsibility for such a broad set of potential harms," Miller said.

MORE STUDY NEEDED

Dorota Crawford's findings have been welcomed by Autism Canada, where executive director Laurie Mawlam said more research and attention needs to be given to environmental causes of the disorder. "This is not about imposing guilt or creating hysteria," she wrote in a statement to Metro. "It is about knowing risk factors that are associated with autism and making informed choices.

RESEARCH

Probe finds doctor manipulated study

A senior physician at Women's College Hospital who has garnered international recognition for her research on osteoporosis "manipulated" data of a study published in a leading medical journal, according to an investigation by the facility.

Dr. Sophie Jamal, who until recently served as research director at the Centre for Osteoporosis and Bone Health and the division head of endocrinology and metabolism at the hospital, misrepresented findings of a 2011 study published in the Journal of the American Medical Association, the hospital said after an investigation that wrapped up earlier this month.

"There was unequivocal systematic manipulation of data on the part of this researcher," hospital president Marilyn Emery told Torstar News Services in an interview.

The study in question found "significant" improvement in the bone density of post-menopausal women who applied nitroglycerine ointment to their arms every evening for two years.

"The findings were made to look more positive than they were," explained Dr. Paula Rochon, vice-president of research at Women's College.

Jamal, an endocrinologist, resigned her clinical privileges at the hospital last month, prior to the conclusion of the probe. She stepped down from the senior positions she held at the facility last June.

She also recently resigned as an associate professor of medicine at the University of Toronto.

JAMA, the most widely circulated medical journal in the world, is now considering whether to run a retraction.

"JAMA is aware of the concern of Women's College and will make a decision about (a) retraction in the coming weeks," editor Dr. Howard Bauchner wrote in an e-mail. Jamal declined an opportunity to comment through her lawyer, Jennifer McKendry.

Dr. Sophie Jamal.
AARON VINCENT ELKAIM

The investigation found there were no deficiencies in any institutional systems or processes at the hospital, which adheres to nationally accepted research standards.

"Despite that, it is still very important that we look at how we can review everything that we are doing and how we can work to raise the bar to learn from this experience," Rochon said.

The hospital learned from the University of Toronto last March that something might be amiss with Jamal's research, and the two bodies together began an inquiry. A formal investigation was then launched in June.

> **The findings were made to look more positive than they were.**
> Dr. Paula Rochon

Some 243 post-menopausal women participated in the study, with some receiving the ointment and some receiving a placebo. They have been sent registered letters, informing them that they may have received inaccurate information about the research.

It's unclear how allegations of wrongdoing by Jamal first surfaced. Asked if Jamal explained what happened with the research findings, Emery responded: "No, we haven't been in that kind of conversation with (her)." TORSTAR NEWS SERVICE

Wood specialist Richard Ruminski helps Sid Gendron of Sawmill Sid cut a piece of wood on their mill site in Mississauga on Sept. 30. COLE BURSTON/TORSTAR NEWS SERVICE

Dodging the chipper

BUSINESS

Initiative helps salvage wood that would be turned to mulch

Away from the neatly stacked tree slabs at the foot of Sid Gendron's sawmill lies an oddly shaped sliced trunk.

To Gendron, this one's special.

"There's a really nice collaboration of Mother Nature and that piece of wood," he said. The piece of maple wouldn't fit in the piles because of two burls sticking out of it.

"Can you envision being on the other side of that? You're serving us a drink, that's your bar and this is your seated area," Gendron said with a hint of excitement.

"Something like this, most people would have just cut up. It would have been firewood," because "if I make one more cut, it would be just too weak," explains Gendron.

Technically, it wouldn't have sat in someone's firewood pile, but could have in someone's garden as mulch. Had Gendron and his team not picked it out in Etobicoke's Centennial Park days earlier, it would have gone through the chipper — the city's main method of disposing of trees.

That's what Gendron's business, Sawmill Sid, does. It picks high-quality chunks of wood out of city yards, pays $1 to $4 per metric ton, saws them into one- to six-inch slabs (or custom-sized) and sells them to furniture makers across the city and the region.

To encourage that process and others like it, city council approved a two-year pilot project called the Green Market Acceleration Program on Sept. 30. The program will encourage "local businesses in the green economy" by allowing them to use city property to operate.

Through another green initiative, this time with the Toronto and Region Conservation Authority, Sawmill Sid may soon be able to use land loaned by the TRCA to eventually share profits with it, according to Gendron's wife and business partner, Sheila.

> **We learned how to repurpose things.**
> Sheila Gendron, Sawmill Sid

The city's economic development council reached out to the company after it was hired last summer to cut through Leslieville's Maple Leaf Forever tree, toppled in a July 2013 windstorm, to inform them of the possibility of bidding for access to city yards.

The contract was a catalyst for business — and it showed Gendron all that could be done with just one uneven tree. Each slab was a feat because of the tree's shape, but they helped turn it into 150 projects and 4,025 individual items, detailed in another report passed at a recent city council meeting.

TORSTAR NEWS SERVICE

LABOUR

Liberals defend teacher union payouts

The province gave school boards almost $4.6 million to help cover the costs of bargaining under new legislation, on top of the controversial $2.5 million it has paid to three teacher unions.

A memo from the Education Ministry to Ontario school boards says the money will be divvied up among the boards for 2015-16 to help pay for negotiations created with its new, two-tier system.

At Queen's Park on Monday, the Liberal government continued to face heavy criticism over the millions paid to education unions, no receipts required, to offset the costs of negotiations.

"You did it, too," Education Minister Liz Sandals lectured the opposition Progressive Conservatives, reminding them they covered some negotiating expenses while in office.

Progressive Conservative Leader Patrick Brown joked about the Liberals' suggesting the funds went to pay for pizza and other meals. "The pepperoni must be gold-plated," said Brown.

"What was this money really for?" he asked, referring to the fact education unions have bankrolled election attack ads against the Tories to help the Liberals in every campaign since 2003.

The money given to the school boards' associations in particular is to cover staffing required for central negotiations — where big items like salary and class size are hammered out — as well as travel and accommodation, and legal help, says the memo, which was obtained by Torstar News Service.

Last week, it was revealed that the Ontario government has paid $2.5 million in total to the Ontario Secondary School Teachers' Federation, the Ontario English Catholic Teachers' Association as well as AEFO, which represents French-board teachers, for this round of bargaining.

TORSTAR NEWS SERVICE

porter
flying refined
A day of star-struck savings.
Your savings are shining bright! Just for today, you save big with up to 50% off base fares. Just visit flyporter.com, pick your destination and save.
Star light, star bright, book your ticket by midnight tonight!
up to 50%
off base fares
and book your holiday travel!

HALIFAX, MONCTON, MONT-TREMBLANT, MONTRÉAL, NORTH BAY, OTTAWA, QUÉBEC CITY, SAULT STE. MARIE, STEPHENVILLE, ST. JOHN'S, SUDBURY, THUNDER BAY, TIMMINS, TORONTO, WINDSOR, BOSTON, BURLINGTON, VT, CHARLESTON, SC, CHICAGO, MYRTLE BEACH, NEW YORK, ORLANDO-MELBOURNE, PITTSBURGH, WASHINGTON

flyporter.com

*New bookings only. Book by 11:59 pm Eastern Time October 27, 2015. Travel by February 29, 2016. Up to 21 day advance purchase required. Atlantic Canada is up to 40% off base fares. This offer may not be available for the entire travel period. Discount is not applicable on itineraries that include a partner airline flight segment. Discount applies only to the regular base fare and does not apply to fees, taxes or surcharges. Full fare breakdown available for all itineraries on flyporter.com. Fares include all applicable government-imposed taxes and mandatory fees, which may amount to as much as $150 one-way per passenger, depending on routing. Foreign taxes will fluctuate based on the prevailing exchange rate. Fees for optional services, such as itinerary changes, additional baggage, advance seat selection, or certain special service requests, may increase overall cost. Fares are non-refundable but itineraries may be changed for a fee of up to $200 per person per direction, plus any fare differential. Other significant conditions (including a $35 first-checked bag and $45 second-checked bag fee, and charges for overweight and/or excess baggage) may change without notice and are not guaranteed until ticketed. Visit flyporter.com for more information. In case of any discrepancy between advertised fares and the fares shown on the website at the time of booking, the latter shall prevail.

5 REASONS HUMANS REALLY CAN'T BE VAMPIRES

They may lack a pulse, but society's obsession with vampires is alive and beating. With Halloween just around the corner, the Lillian H. Smith Library has partnered with Dr. Carol Bucking, an assistant professor in the biology department at York University, for a spooky look at what separates us — biologically speaking — from the blood-sucking monsters. Here's a sneak peek at the Tuesday lecture. **MALLORY CHATE** FOR METRO

1 Humans lack fangs

Humans would have to alter the shape of their teeth to suit a blood-thirsty diet.

"Our teeth weren't made to puncture meat," Bucking said, adding that if someone filed their teeth into points or use an injection of stem cells to reach the same goal, it would be plausible.

York U assistant prof Dr. Carol Bucking CONTRIBUTED

2 The clot thickens

Unlike certain blood-feeding animals, humans lack a chemical that breaks down blood clots.

Animals like vampire bats produce chemicals called "draculin" that allows them to drink blood without it clotting in the process, Bucking explained.

The vampire Count Orlok in the 1922 German film Nosferatu. CONTRIBUTED

3 Humans metabolize too fast to survive as vamps

Fulfilling the daily calorie intake humans need to survive would mean "drinking one person dry every day," something that's not overly sustainable. The only other option would be to slow down the human metabolism.

4 Mortality seals the deal - for now

Human immortality is a scientific stretch, but Bucking said there's potential for using studies on naked mole rats to advance the cause.

"Naked mole rats live far longer than they should," she said, noting research is being done on ways to clone their cells.

5 Iron content is too high

Having too much iron in your body doesn't cause immediate problems, but the long-term effects can be troubling. "It could create liver damage, it creates nerve damage, and heart failure," said Bucking. However, certain pills exist that can bind iron in the body, preventing it from reaching the blood.

WE NEED MALES

Are you a healthy, non-smoking,
CAUCASIAN MALE
18-55 YEARS OF AGE?

- Free of daily medications?

If so, you may be eligible for our upcoming clinical research studies:

Study 1824 Caucasian Males 18-55 years of age
- Study starts on Oct 31, 2015 – 2 sessions with 3 returns per session
- Compensation is up to $1400 for completing the entire study

BioPharma SERVICES INC.
Research. Results. Reliability.

CALL: 416-747-5246
Toll Free: 1-866-747-5246
Mon-Fri: 8am-6pm, Sat-Sun: 10am-6pm

4000 Weston Road, Toronto | www.biopharmaservices.com

BIKE LANE
BLOOMING BOLLARDS
A good spirit has enhanced a bike lane along Harbord Street at Manning Avenue with Halloween-themed milk-crate-bollards.

Derek Chadbourne, owner of the adjacent Bike Joint, says while he's unsure where the crates came from, he's excited to see the arrival of this "useful infrastructure." LIZ BEDDALL/METRO

IN BRIEF

Giraffe dies at Toronto Zoo
One of the oldest Masai giraffes in North America, Twiga, died Saturday after weeks of poor health at the Toronto Zoo. The 25-year-old giraffe collapsed Saturday and was euthanized by veterinarians. Twiga was born at the zoo in 1990. She produced nine offspring. "Twiga lived a very long life and provided staff, volunteers, members and visitors with many memorable moments over the years," said the zoo in a Facebook post. TORSTAR NEWS SERVICES

Flu vaccine drive begins
Anyone living, working or going to school in the province can now get the flu vaccine free at doctors' offices, health clinics and several pharmacies. Kids aged two to 17 can have their vaccine administered via a nasal spray rather than the traditional injection. The Ministry of Health says the vaccines for children protect against four strains of influenza. It takes two weeks for the vaccine to offer full protection. THE CANADIAN PRESS

Guns, dynamite seized
Police arrested a Toronto man after allegedly seizing guns, drugs and three sticks of dynamite. They applied for a search warrant for a downtown home Saturday and on Sunday seized six guns in addition to marijuana, GHB and the dynamite. Wing Wayne Woo, 39, faces 35 charges, most of them firearms related, plus unlawful possession of explosives and two counts of possession of drugs. He was to appear in court on Monday. THE CANADIAN PRESS

T.O. bites back at WHO's meat study

HEALTH

Bacon, hot dogs and corned beef still on menu

Luke Simcoe
Metro | Toronto

Can you imagine Hogtown without the hog?

The World Health Organization announced Monday that eating processed meats can increase the risk of cancer, putting foods like bacon, hot dogs and corned beef into the same category as cigarettes and asbestos. The news doesn't appear to be curbing Toronto's appetite for meat, however.

"What doesn't cause cancer?" said Graham Jones, as he chowed down on a hot dog bought from a vendor outside City Hall.

Jones said he eats a hot dog about once a week, and isn't concerned by the WHO study.

Other carnivores said they know their love of bacon or hot dogs isn't necessarily healthy. But, they're not about to change a thing.

"Maybe it's better to eat a few of these and die young," said Adam Whibley, proudly hoisting a Polish sausage drenched in mustard.

According to the WHO, eating 50 grams of processed meat — about two slices of bacon — a day can increase the risk of colorectal cancer by 18 per cent. The study did note that eating such foods in moderation would have little to no impact on one's health.

Its nickname aside, Toronto's food scene is dominated by red meat. The city's unofficial dish is a peameal bacon sandwich and restaurants like Bacon Nation, Rashers and Fancy Franks have all found success by catering to meat lovers.

Graham Jones dresses a hot dog outside Nathan Phillips Square on Monday. LIZ BEDDALL/METRO

BRAMPTON

City, residents split ahead of LRT vote

If there is any consensus in Brampton about Tuesday's historic vote on the future of a $1.6-billion LRT, it's that the issue has divided city council and many in the community.

Mayor Linda Jeffrey has entered into a war with former Ontario premier Bill Davis; a resident tried unsuccessfully to get a court injunction to stop a councillor from voting Tuesday; the city's board of trade got into a public dispute with a local lawyer over the light rail transit; and a last-ditch, $53,000 attempt at a facilitation process seems to have failed.

The original vote was scheduled in June, but has twice been postponed.

On one side, Jeffrey and councillors Martin Medeiros, Gurpreet Dhillon, Gael Miles and Pat Fortini say the province's proposed Main St. route will finally revive the city's struggling downtown core, and transit ridership will grow.

On the other side are councillors John Sprovieri, Elaine Moore, Jeff Bowman, Doug Whillans and Grant Gibson, arguing there is not enough ridership along the route to justify an LRT, that Brampton should get a similar length of LRT line as Mississauga, and that other options would better serve Brampton's needs.

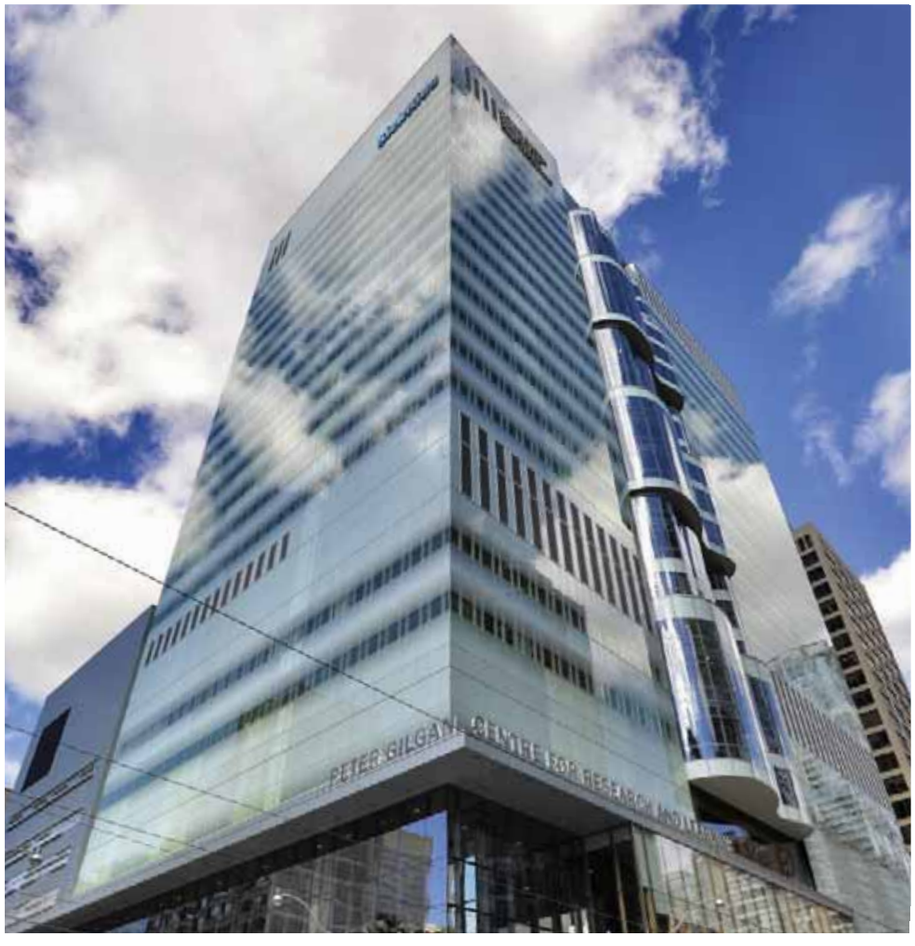
Coun. Michael Palleschi has maintained throughout the months-long feud that he hasn't made up his mind.

The council meeting will be at the Rose Theatre. But it's unclear what the outcome might be. TORSTAR NEWS SERVICE

BACKGROUND

Cost and length of route amounts to $1.6 billion

The province has agreed to fund the $1.6-billion capital cost of the Hurontario-Main LRT project, and supports the Main St. route in Brampton. About 17.6 kilometres of the line will be in Mississauga (where council has approved the project) and 5.6 kilometres would be in Brampton. If Brampton rejects the route, it's unclear what would happen to the funds. TORSTAR NEWS SERVICE



The cure for the toughest diseases isn't 'out there somewhere'.

It's in here somewhere.

We know that new, effective treatments for many of the most challenging diseases and conditions children face will be in the form of genetically-targeted precision medicine. In the Peter Gilgan Centre for Research and Learning at SickKids, some of the world's brightest and best scientists are at the forefront of genetic research – research that's allowing us to treat the individual child, not the disease. At the SickKids Centre for Genetic Medicine, your donations are funding an explosion of genetic knowledge. For the first time in cystic fibrosis research, we're working on patient-specific drug development. The world's largest whole genome sequencing project to investigate autism is ongoing. Across a range of conditions, our goal is new treatments tailored to the specific genetic blueprint of each child. With your support, we'll find those treatments right here.

Donate at sickkidsfoundation.com

SickKids®

Earn miles twice[1] and turn buy into fly, faster.

Get a Welcome Bonus[2] of up to 25,000 Aeroplan Miles.

TD® Aeroplan® *Visa Infinite** Card.

Earn miles faster when you use the TD® Aeroplan® *Visa Infinite** Card along with your Aeroplan Membership Card at over 150 Aeroplan partner brands. Plus, apply by October 30, 2015 for a Welcome Bonus that'll help turn your travel dreams into reality. Conditions apply.

aeroplan

Learn more at a branch or at td.com/aeroplan

TD **Banking can be this comfortable.**

[1] The Toronto-Dominion Bank is not responsible for any Aeroplan Miles under this "earn miles twice" feature of the Aeroplan Program when the Aeroplan Membership Card is presented. See your Aeroplan Program for full details. Feature may be changed, withdrawn or extended at any time and cannot be combined with any other offer. [2] A Welcome Bonus of 15,000 Aeroplan Miles ("Welcome Bonus Miles") will be awarded to the Aeroplan Member account associated with the TD Aeroplan *Visa Infinite* Credit Card Account ("Account") only after the first Purchase is made on the Account. To receive an additional 10,000 Aeroplan Miles Bonus ("10,000 Miles Bonus") you must apply for an Account between September 1 and October 30, 2015, and have $1,000 in Purchases, including your first Purchase, posted to your Account within the first 90 days of Account opening. Other conditions apply. For complete details visit td.com/aeroplan. All trade-marks are property of their respective owners. ® The Air Canada maple leaf logo and Air Canada are registered trade-marks of Air Canada, used under license. ® The Aeroplan logo and Aeroplan are registered trade-marks of Aimia Canada Inc. ® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

Sinking victims identified

BRITISH COLUMBIA

Five killed in boat capsizing were British, officials say

All five people who died after a whale-watching ship sank off the west coast of Vancouver Island were British nationals, Britain's Foreign Office confirmed Monday.

"My thoughts are with the family and friends of all those affected by this terrible accident," British Foreign Secretary Philip Hammond said in a statement, adding consular staff in B.C. are supporting grieving family members.

The B.C. Coroners Service said Monday those who died ranged in age from 18 to 76 and that four of them were men.

Three of the dead were from Britain, while two of the British nationals were living in Canada. The woman was from B.C., and a man lived in Ontario, the service said.

A tour boat with 24 passengers and three crew members on board sank Sunday afternoon about 15 kilometres northwest of Tofino.

First responders managed to rescue 21 passengers, some of them injured. The search for one person still missing was called off Sunday night.

Boats from the nearby Ahousaht First Nation that answered the ship's mayday call on Sunday around 4 p.m. found the vessel partially submerged.

Authorities have not said what might have caused the boat to sink.

Kelsey Rix and two other health-care workers were on a Tofino dock Monday preparing to leave for the village of Ahousaht. The community-health nurse said they'll be checking on the well-being of those who tried to help people thrown into the water.

"The local First Nations were the first in the water and the first to pull out the victims," she said.

Valerie Wilson, with the Island Health authority, said four people remain in different hospitals around the province. All of them are listed in stable condition, she said.

Wilson said 18 other people aboard the vessel have been assessed, treated and released from hospital in Tofino.

Robert Burridge of Nanaimo was in Ahousaht on Sunday afternoon and estimates that every available vessel in the village was in the water searching for missing people.

"The Ahousahts were the first on the scene," he said.

"They know these waters. They have a custom not to leave a body out at sea."

THE CANADIAN PRESS

Canadian Coast Guard crew arrive at a dock in Tofino, B.C., shortly after midnight Monday following a search-and-rescue operation for a whale-watching boat with 27 people on board that capsized near Vancouver Island. Authorities have not said what might have caused the vessel to sink. CHAD HIPOLITO/THE CANADIAN PRESS

STATEMENT

The 20-metre boat, the Leviathan II, belonged to a local whale-watching company called Jamie's Whaling Station.

It issued a statement saying its entire team was heartbroken by the tragic day.

"We are doing everything we can to assist our passengers and staff through this difficult time," owner Jamie Bray said. "We are co-operating with investigators to determine exactly what happened."

DIPLOMACY

Doer: My stint is ending

Canada will soon have a new ambassador to Washington.

Gary Doer has confirmed he'll be leaving Canada's most important diplomatic post once he's helped the new Liberal government with its transition.

The sports-loving ambassador made the announcement in characteristic fashion: with a hockey metaphor.

Repeating a phrase he's often used when asked how much time he has left, Doer described himself as being in "double-overtime" — and, in his first interview since Canada's federal election, he made it clear there will be no triple-overtime. THE CANADIAN PRESS

Gary Doer THE CANADIAN PRESS FILE

Too lazy to shop your car insurance rate on renewal?

Spend a few minutes and save.

- Fill out a **SIMPLE** form.
- Search over **50** insurance companies.
- Save **$750** on average.

*Visit **Kanetix.ca** today!*

KANETIX.CA™

'You'll see more money'

Each day this week, Metro is taking an in-depth look at some of the immediate items on prime minister-designate Justin Trudeau's to-do list. Today, we examine his promise to raise taxes on high-income earners and cut them for the middle class.

Michael Woods
Metro | Ottawa

During his first couple of years as Liberal leader, Justin Trudeau spoke at length about helping the middle class, but didn't give many specifics on how exactly he would do it.

That all changed on an early May morning at Dinty's, a casual family restaurant in the west end of Gatineau, Que.

Trudeau announced the Liberals would create a new, fifth tax bracket for high-income earners and use the money to fund a tax cut for middle-income earners.

In other words, a Liberal government would ask the rich to pay more so the middle class can pay less.

The plan, along with the proposed Canada Child Benefit and scrapping income splitting, became a central piece of Trudeau's "fairness" pitch to so-called middle-class voters.

Less than two weeks before the federal election, Trudeau upped the ante: He said the tax cut would be the first legislation his government would introduce after election day.

"A Liberal government will introduce, as its very first bill in Parliament, a tax cut for the middle class," he said at a suburban Toronto grocery store on Oct. 9. "You'll see more money on your paycheques right away."

It's unclear at this point when Parliament will be recalled. Trudeau is appointing his cabinet Nov. 4. But here's how the plan will work.

Trudeau PROMISES TRACKER

PART II

- GENDER PARITY
- TAXATION
- REFUGEES
- CLIMATE
- INDIGENOUS WOMEN

The Liberals have said they will create a new, 33 per cent tax bracket for Canadians making more than $200,000 annually. They would also cut the tax rate for people earning between $44,701 and $89,401 from 22 per cent to 20.5 per cent.

Trudeau has said that will save $670 per person, per year.

The Liberal platform says the two tax changes will be revenue neutral: The $3 billion in tax relief for middle-income earners will be offset by $3 billion in revenue generated by the new tax bracket.

There are questions about who would benefit most from the tax cut.

"They're calling it a middle class tax cut because it aims at the middle tax bracket," said David Macdonald, senior economist at the Canadian Centre for Policy Alternatives. "In fact, the people who get the most benefit from the middle class tax cut earn the top 20 per cent of households."

Macdonald said to fully benefit from the proposed tax break, people would have to earn a greater amount than the top of the bracket.

"You have to make at least $89,000 personally to benefit from the full value of this tax break," he added. "That's three times the median income."

However, Macdonald said the Liberal platform has progressive elements, such as the Canada Child Benefit, which will do much for families with children, as well as boosting the guaranteed income supplement, which will help seniors.

Prime minister-designate Justin Trudeau hugs a supporter as he leaves the stage after a welcome rally in Ottawa on Oct. 20. ADRIAN WYLD/THE CANADIAN PRESS

> **A Liberal government will introduce, as its very first bill in Parliament, a tax cut for the middle class**
>
> Prime minister-designate Justin Trudeau

Names vying for top spot

The race for interim leader of the Conservative Party already has several candidates, and several more have confirmed they are not running. Metro compiles a list of who's in and who's out.

WHO'S IN?

1 **Erin O'Toole**
Veterans Affairs Minister

2 **Rob Nicholson**
Minister of National Defence

3 **Diane Finley**
Minister of Human Resources

WHO'S OUT?

1 **John Baird**
Former foreign affairs minister

2 **Mark Mulroney**
Son of former prime minister Brian Mulroney

3 **Jean Charest**
Former premier of Quebec

METRO WITH FILES FROM THE CANADIAN PRESS

EU CRISIS

Migrant surge in Balkans

The surge of migrants crossing the Balkans on their way to Western Europe continued Monday in the hours after European leaders reached an agreement to slow the flow that has heightened tension among nations.

European Union leaders committed to helping the Balkans handle the flow of people in the region en route to more prosperous countries. But with cold setting in, questions remain about whether that assistance can come quickly enough.

Croatian police said Monday more than 13,000 migrants arrived from Serbia in the past 24 hours, while Slovenian police reported nearly 10,000 arrivals from Croatia in the same period. Further west, some 3,500 people had to sleep outside in Austria in cold fall weather, while Germany said it had seen 15,000 arrivals over the weekend.

THE ASSOCIATED PRESS

IN BRIEF

Abbas seeks EU help to ease crisis with Israel

Palestine's leader Mahmoud Abbas came to European Union headquarters Monday to seek the bloc's help in the crisis with Israel.

There have been almost daily Palestinian attacks against Israeli civilians and security forces. In the past five weeks, 10 Israelis have been killed in Palestinian attacks, while 51 Palestinians have been killed by Israeli fire. Abbas said a cause of the flare-up is Israel's refusal to honour an arrangement governing a sensitive holy site in Jerusalem revered by both Jews and Muslims.

THE ASSOCIATED PRESS

Victims of Monday's earthquake receive treatment at Ayub Medical Hospital in Abbottabad, Pakistan. The earthquake reverberated across Asia and took a massive toll in the mountain regions near the Afghan-Pakistan border. AQEEL AHMED/THE ASSOCIATED PRESS

Afghanistan reeling from massive quake

SOUTH ASIA

7.5-magnitude event causes widespread death, damage

A massive earthquake struck remote and impoverished regions of northern Afghanistan and Pakistan on Monday, killing at least 263 people as it shook buildings across South Asia and knocked out power and communications to already-isolated areas.

The 7.5-magnitude quake was centred deep beneath the Hindu Kush mountains in Afghanistan's sparsely populated Badakhshan province, which borders Pakistan, Tajikistan and China, the U.S. Geological Survey said.

In the Afghan capital of Kabul, buildings shook for 45 seconds, walls cracked and cars rolled in the streets as electricity went out. Workers who had just returned from lunch rushed from swaying buildings in the Pakistani capital of Islamabad and to the south in the Indian capital of New Delhi.

At least 228 people were killed in Pakistan, with more than 1,000 injured, while Afghan officials reported 33 dead and more than 200 injured, and authorities in the Indian-controlled Kashmir region reported two deaths. Officials expected the casualty toll to rise as they reached the remote areas.

Authorities struggled to reach the hardest-hit areas in Afghanistan near the epicentre, located 73 kilometres south of Fayzabad, the capital of Badakhshan province.

Afghanistan's President Ashraf Ghani sent condolences to those who lost relatives and property and appointed an "assessment committee" to ensure emergency relief reached the needy as soon as possible, his office said.

THE ASSOCIATED PRESS

AID

The U.S. has emergency shelters and kits in Afghanistan that could be used there. The U.S. government has contacted officials in both Afghanistan and Pakistan to offer additional assistance as required.

Pakistan's army chief Gen. Raheel Sharif, has ordered troops to respond to affected areas in his country.

THE ASSOCIATED PRESS

DEMOCRACY

World election roundup

HAITI

Tentative results of Sunday's presidential election in Haiti won't be known for at least 10 days. Haitian and international rights groups said voting was largely free of any disorder.

POLAND

Official results from Poland's parliamentary election on Monday confirmed the right-wing Law and Justice party took more votes than any other group. The country's election authority said Law and Justice won 37.6 per cent of the vote in Sunday's parliamentary election.

UKRAINE

Four exit polls from Ukraine's local elections released Monday indicated the governing coalition would retain its dominant position in the west and centre. In the south and east, voters favoured the Opposition Bloc. Complete results are expected Nov. 4.

ARGENTINA

The top two presidential candidates in Argentina reset their campaigns Monday after a close vote forced a runoff and cast doubt on President Cristina Fernandez's legacy.

GUATEMALA

While former comedian Jimmy Morales rode a tide of voter frustration to win the presidency, it remained unclear Monday about what the political neophyte might do once in office.

THE ASSOCIATED PRESS

DONALDSON
20
receive a FREE Josh Donaldson Poster* with the purchase of an All-Star Bundle!
*while supplies last.
#COMETOGETHER
ALL-STAR BUNDLE
4 DIPS
1 PARTY PEPPERONI
6 COKES
premium toppings extra
27.99 + tax
PIZZA NOVA
official pizza of the Toronto Blue Jays™
get the APP
pizzanova.com
416 439-0000
310-33-00
outside the GTA
USE LOCAL AREA CODE where necessary
Limited time offer. Taxes extra. Not valid with any other combination or special. Valid at participating stores only. Delivery charge applies. $1.00 surcharge for debit on delivery. Additional charges apply for Premium Toppings. Visit www.pizzanova.com
™ TORONTO BLUE JAYS, uniform and all related marks and designs and photograph are trademarks and/or copyright of Rogers Blue Jays Baseball Partnership ("RBJBP"). ©2015 RBJBP

RETAIL

Bay plans discount U.S. chain

Hudson's Bay Co. is bringing a new discount fast fashion option to the United States.

The Canadian department store chain operator says it hopes to attract young shoppers on the hunt for cheap and trendy threads with Find @ Lord & Taylor.

The offshoot of its Lord & Taylor department store chain will stock name brands at prices reduced by as much as 70 per cent.

Styles hot off the runway have been soaring in popularity over the past decade, led by European low-priced chains like H&M and Zara.

As those companies rapidly expand into smaller markets, they've attracted more people who might have once spent their money at department stores.

Hudson's Bay Co. says its new Find @ Lord & Taylor stores will offer a selection of women's, men's and kids apparel, as well as footwear and home furnishings.

THE CANADIAN PRESS

PHARMACEUTICALS

Valeant fires back at Citron Research

Drug maker Valeant Pharmaceuticals is asking U.S. securities regulators to investigate Citron Research, whose explosive report about the Quebec-based company's business practices caused its stock to crater.

Chief executive Michael Pearson told analysts Monday that the main reason for Valeant's recent problems is that it is the victim of false allegations by outsiders who want to manipulate the market to their own profit.

Pearson says he has called on the Securities and Exchange Commission to investigate Citron Research and Andrew Left, its executive editor, after the U.S. short seller compared Valeant to Enron, the U.S. energy firm that collapsed after widespread deception and fraud at the highest levels of management.

"His motivation is the same as someone who runs into a crowded theatre to falsely yell 'fire'," Pearson said.

"He intentionally designed the report to frighten our shareholders to drive down the price of our stock so he could make money for his short selling."

THE CANADIAN PRESS

IN BRIEF

CMHC sees slowdown

A rise in the inventory of unsold homes, higher prices and mortgage rates and an increase in the supply of rental units are all expected to cool the housing market over the next two years, Canada Mortgage and Housing Corp. said Monday.

THE CANADIAN PRESS

market minute

DOLLAR 75.97¢ (+0.07¢)

TSX 13,790.90 (-162.76)

OIL $43.98 US (-62¢)

GOLD $1,166.20 US (+$3.40)

NATURAL GAS: $2.062 US (-22.4¢)
DOW JONES: 17,623.05 (-23.65)

Canada Post announced in 2013 a plan to phase out door-to-door delivery and cut up to 8,000 jobs as home mail delivery revenues continued to decline. THE CANADIAN PRESS FILE

Community box program halted

POSTAL SERVICE

Decision affects nearly half a million households

The country's national mail carrier has halted the installation of community mailboxes, one week after the Trudeau Liberals were elected with a pledge to scrap the move away from door-to-door delivery.

"Canada Post is temporarily suspending future deployment of the program to convert door-to-door mail delivery to community mailboxes," the Crown agency said in an email.

The move means nearly half a million households that were to be converted over the next two months will keep their current mail service.

"Efforts are now underway to place the comprehensive program on hold in an orderly fashion," said the statement.

"Customers impacted by this decision will receive a letter within the next few weeks advising them of the status of their mail delivery service."

But those already converted over the last 10 months will not get door-to-door service back — at least not under Canada Post's current plan.

The union representing postal employees said it was elated with the news. But the Canadian Union of Postal Workers will be pushing the Liberal government to reverse the cuts to postal services that have been made so far, said the organization's national president.

"I think the people of this country spoke quite clearly last Monday," said Mike Palecek.

"We also need to look at restoring the home mail delivery to those who have already lost it," Palecek added. "And we need to look at having a public mandate review for Canada Post about exactly what direction we want this Crown corporation to go."

CUPW has been pushing Canada Post to expand its business into ventures such as postal banking services, similar to those adopted in other countries including the United Kingdom and France.

Liberal Leader Justin Trudeau promised during the election campaign to reverse cuts to door-to-door mail delivery that were begun under the Harper Conservative government. And with the Liberals elected to a majority government, some Liberal MPs said they were getting an earful from constituents who wanted to know why the boxes were still being installed.

THE CANADIAN PRESS

Register Free
TheMBATour.com

TORONTO
MBA Conference
Saturday, Nov 7
12:00pm - 5:00pm
Metro Toronto Convention Centre

Ready for your MBA?

Business Schools

Brock University
City University London
Columbia University
Concordia University
Copenhagen B. School
ESSEC - France
George Washington U.
HEC Montréal
Hult - Global
IE - Spain
IESE - Spain
INSEAD - France, Singapore
Ivey Business School
Loyola University Chicago
McGill University
McMaster University
Queen's University
Ryerson University
Saint Mary's University
SDA Bocconi - Italy
Simon Fraser University
St. John's University
Thompson Rivers University
University of Alberta
UBC, Sauder
U. of Chicago, Booth
UNB St. John
University of Oregon
University of Ottawa
University of Regina
University of Rochester
U. of St. Gallen - Switzerland
U. of Toronto, Rotman
U. of Toronto, Mississauga
Wilfrid Laurier University
York University, Schulich

ROCHON | GENOVA LLP
BARRISTERS – AVOCATS

DISABILITY CLAIMS?
Have you been denied or cut off from your long or short–term disability insurance benefits? We can help you!

- Free Consultation
- No payment until claim is settled

Call: 416-363-1867
www.rochongenova.com

Want a $25 gift card for your opinion?

Join our Online Reader Panel at metronews.ca/panel for a chance to WIN!

metro

metro VIEWS
Your essential daily news
Tuesday, October 27, 2015

EMMA TEITEL

It's too early to tell what the PM's pot-friendly Canada will look like. But what it won't look like, I'd wager, is a land full of sober teenagers.

Everybody wants success, but few know what to do with it. The American poet Dorothy Parker said it best when she wrote: "If I should labour through daylight and dark/ Consecrate, valorous, serious, true/ Then on the world I may blazon my mark/ And what if I don't, and what if I do?"

Justin Trudeau is familiar with the sentiment: there are equal parts joy and dread in having one's dreams come true. The Liberals' rapid rise means a party previously down and out must deliver on some very big promises.

Trudeau campaigned on legalizing and regulating marijuana, something he believes will limit youth access to pot by eroding the black market. But beyond vague assurances that legalization and regulation are good and prohibition is bad, his party hasn't yet informed the public about when or how exactly its legal pot plan will materialize.

The argument that legalization will keep weed away from youth is unconvincing.

"Between now and Nov. 4, our commitment is forming a new government," says Liberal spokesman Cameron Ahmad. Legalization, he adds, will "ensure that criminal organizations don't benefit from government policy that isn't working."

Pot activists, meanwhile, are having a Dorothy Parker moment of their own, ambivalent about the future. Hugô St-Onge, spokesperson for the Bloc Pot — a pro-cannabis party in Quebec — is happy to see a weed-friendly PM in office but worries the Liberals' proposed regulation will be too strict and too expensive to stymie organized crime.

Government officials in Colorado warn that legalization is rife with complications. Trudeau may not be thinking in great detail about an issue his party has filed under "to do after Nov. 4."

It's too early to tell what a pot-friendly Canada will look like. But it won't be, I'd wager, a land of sober teenagers.

Yes, legal weed may erode the black market, but the argument that legalization will keep weed away from youth is unconvincing. Regulation may curb organized crime's influence but it cannot eliminate another pesky criminal entity: the older sibling who — out of kindness or for the right price — is willing to assist a younger sibling. Which is to say, alcohol is legal and regulated, but that does not prevent irresponsible brothers and sisters of legal drinking age (bless them) from stocking the fridge with beer for their siblings' parties.

A Canada with legal weed will likely be a Canada in which more people are stoned.

That some of those people may be teens is disturbing to many. But parents wary of Trudeau's promise might take comfort in the possibility that legalization will eliminate the criminal stigma, making it easier to ask kids about pot.

In a world where pot is illegal, the message to youth is a) It should be avoided at all costs and b) It's totally cool to overindulge, and anyone who suggests otherwise is a blowhard. Legalization will not solve all our problems, but it will make it clear the truth lies somewhere in the middle.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

Let's get the new PM on board with a relief line

YOUR RIDE
Glyn Bowerman

As we shake off the delirium of this election season, it is important to refocus and hold the people we elected to their promises.

Prime minister-designate Justin Trudeau ran, primarily, on a campaign of significant infrastructure investment, and we need to make sure he comes through.

There hasn't been a solid case for why SmartTrack is necessary ... however, there is evidence we need the downtown relief line soon.

That takes some level of coherence on our part: The money's on the table, now we need to agree on how to invest it.

So here's the game: Make Trudeau say "relief line" as many times as humanly possible before 2019.

The downtown relief line has long been acknowledged as a priority project. It is a badly needed solution to the overcrowded Yonge subway — a situation experts say will only get worse, in a relatively short time, if nothing is done.

To read the headlines, you'd think our priority is SmartTrack. Certainly, Mayor John Tory campaigned on the idea and remains its unwavering champion. But SmartTrack is one campaign promise I don't need to see kept. I'm over it.

As Metro's Matt Elliott wrote yesterday, there hasn't been a solid case for why SmartTrack is necessary.

Some believe the province's more detailed Regional Express Rail plan for the GO network will serve the same purpose. A federal and provincial Liberal government team committed to this plan is well positioned to see it through. Let's not overcomplicate it.

There is, however, plenty of evidence we need the relief line soon. Regional transit agency Metrolinx even put a date to it: 2031.

That's not a lot of time, in terms of building large-scale transit projects.

Keep in mind that other municipalities will be looking for their fair share of the infrastructure funding pie, as well they should.

York Region, for example, will push for a subway extension north along Yonge. Further connecting the greater Toronto and Hamilton areas via transit makes sense, as the growing region becomes more interdependent. But a Yonge extension only increases the need for relief on the Yonge line.

When it comes to transit, a firm federal commitment can change the conversation around priorities. When the Harper government offered $660 million for the Scarborough subway — pennies, compared to the estimated $3.56-billion price tag — many came to see the plan as a done deal, to our collective shame.

Nothing's going to get built in the new PM's inaugural term, but a secure commitment to the relief line improves the chances of it moving ahead in time to meet the oncoming 2031 crush.

Call it the RightTrack.

Glyn Bowerman is a Toronto-based journalist and theatre artist. He is also a regular contributor to Spacing Magazine. Follow him on Twitter @Banquos_Banquet

ROSEMARY WESTWOOD
metroview

Anti-choicers don't just hate abortion, they hate vaginas

Yeast infections! Yeast infections! Shout it with me: Yeeeaaasssst infeeections!

Fun, right?

But, also: effective.

I don't mean the infections themselves, though they are effective at causing extreme itchiness (God bless antifungal cream).

No, I mean shouting "yeast infections" breaks up anti-Planned Parenthood protests faster than Angry Con derails a Harper rally.

Women might be susceptible to the discomfort of Candida albicans (vaginal yeast), but Planned Parenthood demonizers? They're allergic to just the words. Admittedly, it takes a few doses. Try chanting "yeast infections!" over and over for 20 minutes. Add a high kick or two. Should do the trick.

For this treatment, we can thank Mary Numair, a 29-year-old from Portland, Ore.

It all started Sunday, when protesters, one carrying an "Abortion Kills Children" sign, began marching outside the cat rescue where Numair works. So, she got started with her own cardboard sign: "Dear P.P., Thanks for helping with my yeast infections!" Decorating the sign with hearts, a stick figure with breasts and a close-up of a vagina, Numair infiltrated the crowd.

"I did get called a whore," she told Slate magazine. "One woman was shaking her head. I knelt down to her kid and said, 'Do you know about yeast infections?'"

"I don't know why I started chanting.... It just came out," she said. "And I started doing high kicks, which I don't normally do in my skinny jeans."

Though the protesters tried to ward her off by praying for her, they eventually couldn't take it anymore and left. She posted her win on Instagram and told Slate she's convinced her tactics will work for others. (I reached out to Numair but didn't hear back.)

This event is instructive. Numair has shown that anti-choicers don't only hate abortion, they find actual vaginas icky. (Sticky, I'll grant you, but wonderful.)

Planned Parenthood has been vilified for a video about its fetal tissue donation program. It's fighting to survive defunding attacks from state and federal politicians, while women, by dint of geography, means or insurance status, are increasingly denied the right to abortions and other crucial health services PP provides.

So, you can see why pro-PP protesters need all the ammunition they can get — and Numair's chant has opened up a plethora of explicitly genital-related choices. Vagina! Labia! Bladder infection! Chlamydia!

The more graphic, the better. The protesters are bound to disperse, thanks to the imagery you've conjured up. Feel free to get creative and hit them where it hurts.

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER METRO EASTERN CANADA
Greg Lutes

MANAGING EDITOR TORONTO
Angela Mullins

ADVERTISER INQUIRIES
adinfotoronto@metronews.ca
General phone 416-486-4900

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

metro LIFE
Your essential daily news

McDonald's Canada to remove antibiotics used in humans from its chicken by the end of 2018.

The healing power of hip hop

MEDICINE

Doctors use popular lyrics to fight mental health stigma

Dr. Akeem Sule, left, and Dr. Becky Inkster write about the connection between hip hop, mental health and drug culture. TORSTAR

The lyrics of hip hop greats are filled with imagery about mental illness, addiction and overcoming struggles — from musings on the dangerous power of alcohol in Kendrick Lamar's 2012 song Swimming Pools to the portrait of an obsessive fan in Eminem's 2000 track Stan.

With that connection in mind, two rap-loving researchers have launched Hip Hop Psych, a mental health awareness initiative using the genre for anti-stigma campaigns and outreach work in prisons, schools and hostels.

The pair have written about the connection between hip hop and mental health and drug culture for major medical journals such as The Lancet and the Journal of Public Mental Health.

Here, psychiatrist Dr. Akeem Sule, based out of the Cumbria and South Essex NHS Trusts in the U.K., and Canadian neuroscientist Dr. Becky Inkster, a University of Toronto grad who's now working in the psychiatry department of the University of Cambridge, talk about how the genre can break down stigma.

What, exactly, is Hip Hop Psych all about?

AS: When you look at the origins of hip hop, you find out it happened in south Bronx at a time when there was economic collapse and the plight of African-Americans and Hispanics was really bad. But out of this same culture came a multibillion-dollar industry. What Becky and I believe is that, when you look at the hip hop lyrics, you can actually see snippets of mental-health problems — but also look at resilience.

BI: It's often really difficult to get these medical messages across. There's so much research and knowledge out there, but it falls short of actually reaching the people. This is such a different, unique way of delivering the information in a way people can relate to.

What does your outreach work look like?

AS: Our outreach work has involved prisons, where we dissect lyrics which have a focus on resilience. We talked to the prisoners and identified lyrics which we dissected with emphasis on resilience (eg. positive visual imagery, cognitive reframing.) We also talked about mental-health problems highlighted in the lyrics … the prisoners felt able to open up about mental-health problems they had been experiencing in a way that would not have been possible if hip hop lyrics were not used.

> **It doesn't sugar coat anything and the message comes from the heart.**
> Dr. Becky Inkster on why hip hop is an effective tool for mental health outreach work

So what's special about hip hop? Why this versus another genre?

BI: It tends to be really raw in terms of the message. So it doesn't sugar coat anything and the message comes from the heart. It's often about socio-political struggles, self-expression, equality, fighting for what you deserve.

AS: It kind of focuses on the underdog, the underclass. What could be more relevant? Hip hop is really good at reaching hard-to-reach communities.

TORSTAR NEWS SERVICE

THE MESSAGE

Deconstructing some of our favourite songs

• Notorious B.I.G.'s Juicy

"It's about aspirations. There is some interesting research about people having future-positive visual imagery. In this track, Biggie's actually doing that. It's a way of developing resilience," says Dr. Sule

• Kendrick Lamar's Swimming Pools

"If you hear it, it sounds like a horrible, horrible message about alcohol misuse. It's actually about a kid going through hard struggles and trying to make the right decisions while his environment, and pressures around him, are fighting against him," says Dr. Inkster.

• Eminem's Stan

"Stan is very interesting, because you see all kinds of materials covered, from attachment difficulties at a young age to the implications of self-harm and drug addiction," says Dr. Sule.

FRESHCO.
HOW MUCH WILL YOU SAVE TODAY?
Find a store and see our weekly flyer at FreshCo.com

LAMAR ODOM

Health Canada takes aim at so-called herbal Viagra

Devon Scoble
For Metro Canada

Both Health Canada and the FDA have published warnings against so-called "herbal Viagra" after Lamar Odom, former Los Angeles Lakers forward and estranged husband of Khloe Kardashian, landed in a coma earlier this month following a bender at a Nevada brothel.

Witnesses and a spokesperson for the Love Ranch report that before his collapse, Odom took cocaine, alcohol and up to 10 natural sexual performance enhancers, including Reload and Libimax Plus.

Health Canada and the FDA warn against Reload — one of many natural supplements that go by the loose street name herbal Viagra — citing undeclared ingredients that could prove dangerous when taken with other drugs.

It's difficult to confirm the availability of herbal Viagra in Canada, but Maryse Durette, a spokesperson for Health Canada, warns against unregulated foreign supplements that may enter the marketplace via travellers or the Internet.

> **'Natural' doesn't always mean safe and when you're dealing with unregulated products, it doesn't necessarily mean 'natural,' either.**
> Maryse Durette, spokesperson for Health Canada

Often these products contain undeclared ingredients, including those found in legitimate, prescription-only erectile dysfunction drugs like Viagra and Cialis.

"Undeclared ingredients are dangerous, potentially deadly," says Durette.

"If you don't know what you're taking, then you can't know how it will interact with your regular prescriptions, your diet, your allergies or health conditions.

"'Natural' doesn't always mean safe and when you're dealing with unregulated products, it doesn't necessarily mean 'natural', either."

Outrageous drug names prevail, and distinguishing approved supplements (like Horny Goat Weed) from banned ones (like Cave Diver, Get It Up and Reload) requires both caution and common sense.

Durette reminds consumers that approved natural health products, or NHPs as they are sometimes referred to as, can be identified by an eight-digit natural product number (NPN) or homeopathic medicine number (DIN-HM).

When in doubt, check Health Canada's database and always consult your healthcare provider before taking supplements.

Health Canada warns that drugs promoted for weight loss, body building, erectile dysfunction, sleep problems, inflammatory conditions and treatment of diabetes are particularly prone to adulteration.

They say to always check for the NPN or DIN-HM and avoid buying from websites that advertise miracle cures or refuse to provide a legitimate street address and telephone number.

Being the very best Bachelor he could be

FITNESS

Farmer turned reality star shares his workout tips

If Chris Soules ever needed incentive to get ripped, the thought of millions of people watching him date on TV did it.

"I wanted to be the best Bachelor I could be," Soules said during a visit to Toronto for a Grain Farmers of Ontario event. "I worked really hard to get into shape."

The 33-year-old farmer — best known for his turn as the 19th Bachelor on the romance reality show by the same name — grew up working on his family farm in Arlington, Iowa and playing football in college. But he admits he fell off the fitness bandwagon for a time, not taking care of himself and eating too much.

It was his looming Bachelor debut that spurred him into action. For five weeks, Soules worked out religiously — twice daily for an hour and a half each — determined to transform himself into a chiseled figure worthy of appearance-obsessed reality TV.

The thought of meeting 30 beautiful women helped too.

"I knew they would be trying to be their best so I wanted to be my best," he said.

After the show, Soules' stint on Dancing with the Stars pushed his body to even higher limits.

"It was a non-stop, gruelling process but I loved every second of it," he said of practising dance for six-plus hours every day for 10 weeks.

Today, his workout is a bit more sustainable — an hour and a half every day.

Without it? "I don't feel normal," he said. TORSTAR NEWS SERVICE

U.S. Bachelor star and farmer Chris Soules trained for an hour-and-a-half, five days a week, twice a day to get in shape for the show. VINCE TALOTTA/TORSTAR NEWS SERVICE

HOW HE DOES IT:

His daily workout:
Cardio: Either four miles (6.4 kilometres) on the treadmill or 30 minutes on the elliptical machine.
Weights, etc.: After cardio, Soules spends one hour doing weights, working with a kettle bell, doing lunges and ab exercises.

His diet:
Soules says he likes to eat "a healthy, clean diet" filled with vegetables and meat. He has a penchant for hard-boiled eggs.

His playlist:
Soules says he prefers country for cardio and rap for weights.

Cured meats linked to cancer: WHO

PROCESSED FOODS

Daily intake increases risk of some cancers

TORSTAR NEWS SERVICE/FILE

Hot dogs, bacon, cold cuts and other processed meats raise the risk of colon, stomach and other cancers, and red meat probably contributes to the disease, too, the World Health Organization said Monday, throwing its considerable authority behind what many doctors have been warning for years.

WHO's cancer agency analyzed decades of research on the subject and issued its most definitive statement yet, putting processed meats in the same danger category as smoking or asbestos, though that doesn't mean, say, salami is as bad as cigarettes.

The meat industry protested the classification, arguing that cancer isn't caused by a specific food but also involves lifestyle and environmental factors.

A group of 22 scientists from the WHO's International Agency for Research on Cancer in Lyon, France, evaluated more than 800 studies from several continents about meat and cancer.

The studies looked at more than a dozen types of cancer in populations with diverse diets over the past 20 years.

Based on that evaluation, the IARC classified processed meat as "carcinogenic to humans," noting links in particular to colon cancer.

It said red meat contains some important nutrients, but still labelled it "probably carcinogenic," with links to colon, prostate and pancreatic cancers.

The agency said it did not have enough data to define how much processed meat is too dangerous, but said the risk grows with the amount consumed.

Analysis of 10 of the studies suggested that a 50-gram portion of processed meat daily — or about 1.75 ounces — increases the risk of colorectal cancer over a lifetime by about 18 per cent.

An ounce and three-quarters is roughly equivalent to a hot dog or a couple of slices of bologna, though it depends on how thinly it is sliced.

"In view of the large number of people who consume processed meat, the global impact on cancer incidence is of public health importance," Dr. Kurt Straif of the IARC said in a statement. The cancer agency noted research by the Global Burden of Disease Project suggesting that 34,000 cancer deaths per year worldwide are linked to diets heavy in processed meat — compared with 1 million deaths a year linked to smoking, 600,000 a year to alcohol consumption and 200,000 a year to air pollution.

Doctors in rich countries especially have long warned that a diet loaded with red meat is linked to cancers, including those of the colon and pancreas.

Overall, the lifetime risk of developing colorectal cancer is about one in 20, or about five per cent, according to the cancer society. This risk is slightly lower in women than in men. Ian Johnson,

THE ASSOCIATED PRESS

EVERYDAY LIFE

Other cancer-causing substances

Alcohol: According to the U.S. Department of Health and Human Services' National Toxicology Program Report on Carcinogens, an estimated 3.5 per cent of all cancer deaths in the U.S. in 2009 were alcohol related.

Sunlamps: Studies show exposure to sunlamps or sunbeds increases the risk of malignant melanoma. In addition, the longer the exposure, the greater the risk, especially in individuals exposed before the age of 30, the NTP says.

Air pollution: Outdoor air pollution was added to the IARC's list of carcinogens in 2013. The agency said there is sufficient evidence that exposure to outdoor air pollution causes lung cancer, and it also noted an increased risk of bladder cancer.

Train the brain and the body

ANALYSIS

Being mindful while exercising can improve workouts

Ever had your mind race during a yoga session? Or been consumed by thoughts of your leg cramping during a run? It's easy to let your mind wander — or fill up with worries — when you're working out.

Cue some mental fitness in the form of mindfulness.

The popular technique for learning to pay attention and "tune in" to your thoughts is rooted in Buddhist meditation traditions and was later popularized in the West by Jon Kabat-Zinn. Since 1979, more than 20,000 people have completed the Mindfulness Based Stress Reduction program Kabat-Zinn founded at the University of Massachusetts Medical School — while millions more around the world have tried out similar programs or at-home exercises.

"I often talk about mindfulness as training the mind the way physical exercise is training the body," says Dr. Steven Selchen, head of mindfulness-based therapies at Sunnybrook Health Sciences Centre in Toronto.

It's about learning to be aware of what's going on inside us and around us, he explains. And even though it's a mental thing, there can be a connection to physical fitness.

"People use exercise in different ways, and often use it as stress release or something to sort of get away from what's bothering us," Selchen says. "Mindfulness is more about tuning into our experience so we can handle it better."

That could mean paying closer attention while running, or meditating during a yoga class. However you do it, mindfulness can help you tune into the mental "stories" that pop up while you're working out, Selchen explains.

"You have a certain physical sensation like a cramp or a tightness somewhere, and you tell yourself all kinds of stories about why that's a problem . . . it's those stories that end up making us really frustrated," he says.

Instead, you can pay attention to it and accept it as just a routine part of your workout, rather than something negative.

Focusing on the moment can actually make exercise a more positive experience, suggests Dr. Paul Kelly, clinical director at the Mindfulness Clinic in Toronto. Mindfulness makes it more likely you'll "appreciate good feelings" inside your body, he says.

"When somebody is exercising, are they tuned into how their body feels? Or are they not noticing their body at all?" Kelly says. "Somebody might be listening to music or watching a screen. Their body is exercising but their mind might not be a part of that."

The practice also offers a way for athletes to focus, he adds.

"If you're playing baseball, you want to pay attention when you're up to bat or on the field," Kelly explains.

"Good players will stay in the zone, so to speak, and mindfulness training is now being used by a number of professional sports teams."

(The Chicago Bulls and Los Angeles Lakers have both used mindfulness trainers in the past, for instance.)

Of course, shifting your mindset during exercise can be tricky at first.

Dr. Lucinda Sykes of Toronto's Meditation for Health clinic suggests trying out mindfulness somewhere else first — the shower.

"Being in the shower or bathtub is a great opportunity to feel yourself being physically here," she says. "Feel the water against your skin . . . feel yourself standing in the shower. Feel the water, and your body responding, even for just a moment."

TORSTAR NEWS SERVICE

Instead of letting your mind run wild while exercising or doing yoga, tune into the mental 'stories' and focus on the moment. Experts say this make it more likely you will appreciate good feelings inside your body as you exercise. TORSTAR NEWS SERVICE/FILE

BEYOND FITNESS

Coping with cancer
Various studies have shown mindfulness-based stress reduction may be helpful for the mental health of cancer patients, and a meta-analysis of 10 studies, published in 2009, suggested the practice could improve cancer patients' psychosocial adjustment to their disease.

Fighting depression
Studies have documented the positive impact of mindfulness on depression. It's actually as effective as cognitive behavioural therapy, according to a 2014 study from Lund University in Sweden, which recommended considering group mindfulness treatment as an alternative to individual psychotherapy.

TECH

The future of Zen

Headspace
(for IOS or Android)
getsomeheadspace.com
With around a million users from 150 different countries, Headspace is one of the world's top meditation apps. The app offers a free 10-day program of guided 10-minute meditations — and, of course, you can pay for more personalized content.

Buddhify
(for IOS or Android)
buddhify.com
This app will run you $5.79 on the App Store, but users have access to over 80 guided meditations for various scenarios. And many of the meditations run just five to 10 minutes.

The Mindfulness App
(for IOS or Android)
mindapps.se
You'll find plenty of guided, silent and personalized meditations on this app, which goes for $3.49 on the App Store. It includes meditations from well-known teachers such as Jon Kabat-Zinn.

ARE YOU BETWEEN
18 AND 65 YEARS OF AGE?
We are currently recruiting healthy, non-smoking men and women 18-65 years old to participate in clinical studies.
You could be paid between $1000 and $5000 upon completion of the study.
Compensation depends on the length of the study.
CLICK
www.pmri.ca
CALL
416.759.5554
PHARMA MEDICA
RESEARCH INC.

With Adele's new single, the secret is finally out

MUSIC

Producer, co-writer of Hello says keeping mum was hard

Adele performs during the Oscars in 2013 at the Dolby Theatre. Released Friday, Adele's Hello has topped the iTunes singles chart in 85 countries. The music video broke the Vevo record for most views in a day with 27.7 million. CHRIS PIZZELLO/INVISION/THE ASSOCIATED PRESS

Getting into the studio and writing a potential hit song for Adele sounds hard enough. Now add keeping mum about the track for a year.

That's the challenge Greg Kurstin faced after producing and co-writing Hello last year.

"I'm not going to lie; it's not easy to hold that information in for that long. It's kind of like I was holding this big secret for so long, but I stuck with it," the Grammy- and Golden Globe-nominated songwriter-producer, said in an interview with The Associated Press.

"It wasn't easy. You kind of want to shout it out, run around in the streets yelling to random strangers what you've just done," he added.

Hello was released Friday and it topped the iTunes singles chart in 85 countries. The music video broke the Vevo record for most views in a day with 27.7 million.

Hello is Adele's first single since releasing 2011's earth-shattering 21, her sophomore album that sold more than 11 million units in the United States and won the Grammy Award for album of the year, among other accolades.

"I'm still in shock honestly. ... I was just pretty blown away," Kurstin said of the insta-success of Hello.

Kurstin, who has worked with Pink, Lily Allen, Katy Perry and Taylor Swift, said he and Adele were supposed to work on music for 21, but that it didn't pan out. On 25, which Adele will release on Nov. 20, he also contributes to the tracks Water Under the Bridge and Million Years Ago.

Kurstin said he was putting some pressure on himself before meeting with powerhouse singer since this was her followup to 21. But that changed once he set foot in the studio, and they started working on songs last year, including Hello.

"She's just so wonderful to be around. She is funny and she's just so down-to-earth. ... You can immediately relate to her and connect with her," Kurstin said of Adele. "I really felt very comfortable around her because she makes you feel that way. She's just cool, and then she gets on the microphone and of course blows your mind."

Kurstin's writing and production credits include pop smashes like Sia's Chandelier, Kelly Clarkson's Stronger (What Doesn't Kill You) and Ellie Goulding's Burn. He is one half of the indie duo The Bird and the Bee, releasing a fourth album this year.

Kurstin is also working with another Grammy album of the year winner: He produced Beck's new single, Dreams, and is producing other tracks on the rock singer's followup to 2014's Morning Phase, which won the top Grammy earlier this year.

"I used to play in his band actually," said Kurstin, who added that is the first time he's officially writing and producing for Beck.

THE ASSOCIATED PRESS

ACCIDENT

Fallon injured again: Look, Ma, no hands!

Ned Ehrbar
Metro | Hollywood

Stop me if you've heard this one before: Jimmy Fallon had to be rushed to the hospital because he hurt his hand. No, his other hand. The Tonight Show host — who has been recovering from a nasty kitchen accident from over the summer when he almost cut off a finger — took a tumble this weekend and messed up his other hand.

He was carousing after receiving an award from the Harvard Lampoon, carrying a bottle of Jaegermeister, when "some random girl kneeled down in front of him abruptly as he was turning around and he tripped over her," a source tells People magazine.

Jimmy Fallon. GETTY IMAGES

And down went Fallon, bottle and all.

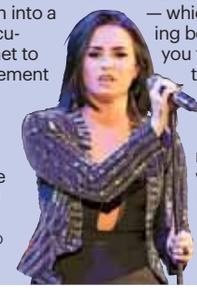
He was rushed to Massachusetts General and bandaged up. At this point, if I were Fallon's feet, I'd be worried.

GOSSIP BRIEFS

Demi Lovato doesn't think Poot deserves headlines

Internet pranksters, Demi Lovato is not amused. Recently, an unflattering photo of the singer inspired a new online folklore legend, Poot Lovato, her fictional twin sister who "was locked in a basement her whole life."

The joke spawned a fake Twitter account and a full, fan-published back story and a Wikipedia page. And guess what! Demi herself is not amused. "Cool to see a s—ty angle turn into a meme that circulates the Internet to people's amusement ha," she tweeted, using the least convincing laugh I've heard since the last time I tried to do standup. NED EHRBAR/METRO HOLLYWOOD



Demi Lovato. GETTY IMAGES

Staff fired for trying to sneak pics of unconscious Odom

The health-care sector is generally a solid bet, career-wise, but here's a good way to flush any job security down the drain: Try to take photos of a comatose Lamar Odom that you can then sell to the tabloids.

Several staffers at Nevada's Sunrise Hospital were reportedly fired after trying to sneak snaps of the former NBA star while he was under care there, according to TMZ — which is particularly amusing because who the hell do you think they were going to try to sell them to? The new fires also reportedly tried to access Odom's medical records, which is obviously a big no-no. NED EHRBAR/METRO HOLLYWOOD

Get freshly-cracked news with your freshly-cracked egg.

Start your day off right with an Egg McMuffin®, and a McCafé® Latte.

Plus, get a FREE copy of the TORONTO STAR with the purchase of any breakfast item*.

*For a limited time during breakfast hours. Quantities limited, while supplies last. At participating McDonald's® restaurants in the Greater Toronto Area. Limit of one free newspaper per person, per visit.
©2014 McDonald's

NBA 2K16's simulation of the upcoming season predicts the Warriors will need seven games to beat the Cavs in the final

Leafs get power-played

NHL

Buds pay price as Coyotes net twice on man advantage

Max Domi and Shane Doan had power-play goals in the first period as the Arizona Coyotes held on to edge the Toronto Maple Leafs 4-3 on Monday night.

Kyle Chipchura added a power-play goal in the third for the Coyotes (5-3-1), while Klas Dahlbeck also scored for Phoenix, which defeated the Leafs (1-5-2) for a third straight time dating back to last season.

Mike Smith made 24 saves to improve to 4-2-1 on the season.

Shawn Matthias, James van Riemsdyk and Morgan Rielly had the Toronto goals while James Reimer made 20 saves for his first regulation loss of the season (1-1-1).

Rielly got the Leafs to within one at 17:34 of the third with Reimer pulled for an extra attacker, but Toronto was unable to find the equalizer.

Domi opened the scoring at 6:31 of the first period, on a power play, beating Reimer high glove-side for his fourth goal of the season. The goal puts Domi ahead of Edmonton's Connor McDavid for the rookie scoring lead with 10 points.

The Coyotes appeared to take a 2-0 lead at 11:21 of the first when Martin Hanzal re-directed a Michael Stone point shot past Reimer, but the goal was waved off due to a high stick.

Hanzal left the game with a lower body injury during the first intermission and did not return.

Matthias tied it at 1-1 at 13:08 of the opening period putting home the rebound off of a Brad Boyes shot for his first of the season.

With van Riemsdyk off for cross checking, Doan put home his second of the season tapping a Mikkel Boedker feed into a wide open net at 14:59.

Dahlbeck gave the Coyotes a 3-1 lead at 7:38 of the second beating Reimer short side for his second of the season.

After Chipchura gave the Coyotes a 4-1 lead with van Riemsdyk off for roughing at 7:00 of the third, the Leafs' forward cut Arizona's lead in half with his fourth at 9:05.

THE CANADIAN PRESS

Toronto Maple Leafs goaltender James Reimer, right, and defenceman Matt Hunwick battle with Arizona Coyotes' Max Domi for a rebound during first period. FRANK GUNN/THE CANADIAN PRESS

MONDAY in Toronto

4	3
COYOTES	LEAFS

CFL

There's no place like dome for Argos

The Toronto Argonauts are returning to Rogers Centre.

Chris Rudge, the club's executive chairman and CEO, announced Monday the team will play its remaining home games at the domed facility.

Scheduling conflicts with the Toronto Blue Jays being in the baseball playoffs forced the Argos out of their home stadium three times. One game was played in Ottawa while the other two were held in Hamilton. But with the Jays eliminated from the post-season by the Kansas City Royals, Rudge said the Argos' home games Friday night against B.C. and Nov. 6 versus Winnipeg will go ahead as scheduled.

Rudge also an Argos home playoff game would also be played at Rogers Centre.

"We would like to thank our fans for their patience during what has been a very unusual circumstance," Rudge said. "As promised, fans whose ticket packages included games that were displaced Oct. 6, Oct. 17 and Oct. 23 will now be fully reimbursed." THE CANADIAN PRESS

STANDINGS

Toronto (9-7) are third in the East Division behind Hamilton and Ottawa (both 10-6).

MLS PLAYOFFS

Interim coach Biello has made Impact thanks to Drogba arrival

Interim Montreal coach Mauro Biello has given himself a shot at earning a full-time job. GRAHAM HUGHES/THE CANADIAN PRESS

The "interim" tag on head coach Mauro Biello's job description is fading with each victory by the Montreal Impact.

There have been no talks yet about keeping the Montreal native and former Impact player on, but the team's 7-2-2 record since he replaced Frank Klopas on Aug. 30 suggests that upper management won't have go to go looking for a new coach in 2016.

"They said we'll analyse that at the end of the year," Biello said Monday. "It's obviously something I'd like to do.

"The season's not over and I still have work to do. For me, it's to take this team as far as I can." A 2-1 victory over Toronto FC in the regular season finale on Sunday night lifted the Impact (15-13-6) into third place in the MLS Eastern Conference and gave them a first-ever home playoff game, which will be a rematch with sixth-place TFC on Thursday night at Saputo Stadium.

The winner of the single-game knockout round match advances to the semifinals. As defender Hassoun Camara said of Biello: "He trusts his players. He's confident. He wants us to play and not be scared of the other teams."

It helped enormously that Biello's promotion coincided with the arrival of former Chelsea scoring star Didier Drogba. The Ivorian got a hat-trick in his first start against Chicago on Sept. 5, which was Biello's debut as head coach.

Drogba has 11 goals in 11 games and is the biggest reason the Impact are winning, but they also pulled off an away draw that he sat out in San Jose and got a key road win at New England on Oct. 17 in which he saw limited action on artificial turf.

THE CANADIAN PRESS

GOLDEN BOOT

Giovinco makes history

TFC forward Sebastian Giovinco has won the 2015 Golden Boot as the league's top goal scorer — becoming the first player in TFC history to win the award. The Italian scored 22 goals in 33 MLS starts.

THE CANADIAN PRESS

FRESHCO.

Our PRICES are...

Cheap, cheap.

Find a store and see our weekly flyer at FreshCo.com

Murphy in comfort zone at the plate

WORLD SERIES

K.C. looks to end Mets bopper's homer streak

Daniel Murphy took a meaty cut, then motioned to the batting practice pitcher to throw one a bit outside.

"Please," the New York Mets bopper added, politely.

Murphy promptly lined the next toss Monday into the right-field corner at Kauffman Stadium.

That's how easy he's making it look in real games, too.

So far, Murphy has invited many of baseball's top aces to his October bash — Clayton Kershaw, Zack Greinke and Jake Arrieta among them.

Now, the Kansas City Royals hope to spoil his playoff party.

Murphy has homered in a record six straight post-season games. He'll take aim at Edinson Volquez and the Royals starting Tuesday night in the World Series opener.

Murphy hit a career-best 14 home runs during the regular season, then launched seven more in the first two rounds against the Dodgers and Cubs. He is one from matching the mark for most homers in a single post-season, shared by Barry Bonds, Carlos Beltran and Nelson Cruz.

"Superman? Oh, no, no," he said before the workout.

"Just a second baseman who's trying to get a good pitch to hit."

To Royals pitching coach Dave Eiland, that's the crux of Murphy's sudden power surge.

"He's getting a lot of good pitches to hit, and he isn't missing them," Eiland said. "He's right on them."

Eiland has noticed something else.

"He looks very comfortable in the batter's box — and I'll leave it at that," Eiland said.

Daniel Murphy has hit seven home runs this post-season, the last one coming in Game 4 of the NLCS against the Cubs. NAM Y. HUH/THE ASSOCIATED PRESS

.421

Murphy's batting average this post-season (16-for-38). He's also scored 11 runs and racked up 11 RBIs in nine games.

Told about Eiland's comment, Royals pitcher Kris Medlen chuckled.

"Nobody's going to hit anybody," Medlen said. "But there are ways to get guys out. Coming in, going out, mixing it up."

Medlen noted that last week against the Cubs, Murphy golfed a pitched that was barely a foot off the ground for a home run. It was the second-lowest pitch hit for a homer in the majors this year.

"He's hitting everything," Medlen said.

Murphy won the MVP award in the NL Championship Series for sweeping Chicago, going 9-for-17. THE ASSOCIATED PRESS

BLUE JAYS

Anthopoulos brushes contract talk aside

Alex Anthopoulos feels he's starting to "hit his stride" as general manager of the Toronto Blue Jays.

Whether he'll be with the team for his peak years remains up in the air.

Anthopoulos didn't shed any light on his contract status during his season wrap-up news conference Monday. The GM's future has become a front-burner topic since the Blue Jays were eliminated from the playoffs by the Kansas City Royals.

Anthopoulos, whose deal expires at the end of the month, has said he'd like to return but he decided to put contract talks aside during the post-season so it wouldn't become a distraction. He will be negotiating with new president Mark Shapiro, who will replace the retiring Paul Beeston next week.

Alex Anthopoulos has been the Blue Jays' general manager since October 2009. CHRIS YOUNG/THE CANADIAN PRESS

"That will be addressed at the appropriate time," Anthopoulos said of his future with the team. "The appropriate time is not today."

Pitchers David Price and Marco Estrada could go the free-agent route, Mark Buehrle is expected to retire or sign elsewhere and a decision needs to be made on whether to pick up the option year on R.A. Dickey's contract.

"I do think we've turned a corner as an organization. I think we're in a position to win for a long time.
Alex Anthopoulos

Price was excellent after the trade deadline but struggled at times in the post-season. Anthopoulos said there is "strong interest" in trying to bring him back, but he will command top dollar on the open market and may be out of Toronto's price range. THE CANADIAN PRESS

5 TALKING POINTS FOR NEW NBA SEASON

With the NBA regular season starting Tuesday night, here are five storylines to pay attention to as the 82-game marathon unfolds:

1 Kobe Bryant

Is this the last go-round for the 36-year-old future Hall of Famer, entering his 20th season with the only franchise he's ever played for? And if it is, how will he handle it? By gently ceding some control of the team to the younger set, or will he try to go out guns blazing to make up for two injury-riddled seasons?

Kobe Bryant

2 Kevin Durant

Oklahoma City was supposed to be a perennial championship contender with a group of budding young all-stars who got a taste of a title chase in 2012. Now, Durant will face an entire season of free agency speculation, Scott Brooks is out as the coach and the wonder is if the proverbial window is closing.

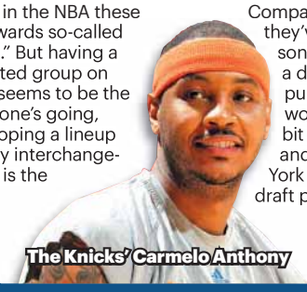
Kevin Durant

3 What divisions?

The three Atlantic Division championship banners that hang in the Air Canada Centre now signify an accomplishment that is obsolete. Winning a division now gets teams nothing, because playoff seeding will be determined by overall record, making things more fair.

4 Go small or go home

The move in the NBA these days is towards so-called "small ball." But having a multi-faceted group on the court seems to be the way everyone's going, and developing a lineup of basically interchangeable parts is the goal.



The Knicks' Carmelo Anthony

5 Rotten Big Apple?

Compared to the lack of success they've had — 17 wins last season — the New York Knicks get a disproportionate amount of publicity and chatter. But it's worth it for Raptors fans to pay a bit of attention to them this year and to hope for losses since New York owes Toronto a first-round draft pick in June.

TORSTAR NEWS SERVICE
PHOTOS BY GETTY IMAGES

metro | Service Directory To advertise contact Ian March at 416-443-4388

PSYCHIC

SPIRITUALIST OMAR
Very Powerful Spiritualist, Medium and Healer with a Special Gifted Power to:
- Reunite loved ones, marriage and family.
- Good luck in finding lasting soul mates.
- Help with erectile dysfunction.
- Help with court cases.
- Lucky charm for individuals and business.
- Helps with children and family problems.
- Protection against enemies and evil spirits.
- Helps relieve negative energy.

Thank you Omar for bringing my boyfriend back in my life. We are in a much better place now...we no longer argue and he is very sweet and kind to me. - LISA

CONFIDENTIAL Payment after results 100% guaranteed 647-707-2315

No. #1 Scarborough Astrologer & Psychic
Pandit: GURU RAGHVENDRA
Expert Palm & Face Reading and Date of Birth
TAKE RIGHT DECISION AT RIGHT TIME
CALL FOR 1 FREE QUESTION
Powerful & God Gifted Healer can Handle Any Problem
HEALTH, COURT, LOVE, CHILDREN MISTAKE, MONEY, JOB
BUSINESS, EDUCATION, DEPRESSION, ENEMY, JEALOUSY,
SEXUAL, HEALTH, PERSONAL MATTER MARRIAGE ETC
REMOVES BLACK MAGIC, JADOO, VODDO & GIVES 100% PROTECTION
416-844-5975 639 Markham Rd, Scarborough M1H 2A4 Inside BOLLYWOOD 4U MARKHAM & LAWRENCE

ITS MY CHALLENGE, NOBODY CAN BREAK MY WORK
MISSISSAUGA ASTROLOGER
MASTER: YOGI
Removes Any kind of Black Magic in 24 HOURS
Solutions: Jadoo, Voodoo, Obeya & Gives solutions for Family, Depression, Kids, Money, Job etc
HE CAN CLEAR ANY PROBLEM
647-768-7633
105 A Dundas St. E, Mississauga (Hwy 10 & Dundas), Next to DOLLARAMA

PSYCHIC SPIRITUAL ADVISOR MONA
I restore luck and happiness and will call out your friends and enemies by name. I will tell you your past as it was, your present as it is, and your future as it will be. 40 years experience. Superior to all others.
CALL FOR 1 FREE QUESTION
416-222-8201
★★★★★ Rating
9am-9pm | Yonge/Finch

FALI African Spiritual Reader
35 years of experience. Knowledge passed down from generation to generation. Problem solving by means of deep consultation in the mirror with effective competence, seriousness and secrecy. Specialized in reuniting relationships, business growth, jobs, court cases, removing evil spirits, protection.
Satisfaction guaranteed! Pay after Results
Don/Mills/Sheppard
www.africanpsychicfali.com • fali75@gmail.com
CALL 416.614.8057

EDUCATION

Bursaries Available Now
Call to See If You Qualify
Be A Healthcare Professional In Months

- Personal Support Worker*
- Medical Office Assistant*
- Medical Office Assistant with Health Unit Coordinator Specialty*

* With Internship

647-691-0899
WWW.AOLTORONTO.COM
Academy of Learning Career & Business College (Bay/Bloor) is registered as a Private Career College under the Private Career College Act 2005 and is operated by 1069195 Ontario Inc.

Become an Esthetician In Months!

ANDERSON COLLEGE OF HEALTH, BUSINESS AND TECHNOLOGY
YOUR TRAINING. YOUR CAREER. YOUR FUTURE.
Downtown: 647.691.0936
North York: 647.360.7198
ANDERSONCOLLEGE.COM
Anderson College of Health, Business and Technology is registered as a Private Career College under the Private Career Colleges Act, 2005 and is operated by Robetech Institute Inc. Not all programs are available at each location.

Second Annual GTA Fall
Psychic Fair & Expo
MetroNews

Gifted Psychic, Tarot & Palm Readers, Mediums, Clairvoyants & Healers.
All Types of Incredible Vendors.
Over 40 Exciting Free Lectures, & Much, Much More!
Don't Miss GTA's Biggest Psychic Event of the Year!
Oct 30, 31 & Nov 1
Fri: 4-9
Sat: 10-9
Sun: 10-6
International Centre
Hall 6, 6900 Airport RD, Mississauga
Free Parking
Unlimited Re-Entry Privileges
$5 off Regular Admission $15.00
Can be used for up to 4 persons
For Details & Discount Coupon Info: www.FSpsychicfairs.com

How's the news today?
Join our Online Reader Panel and help make your Metro News even better. Join for a chance to win a $25 gift card.
metronews.ca/panel
metro

FINANCIAL

OVERWHELMED BY DEBT?
CALL THE Licensed Debt Professionals™
GET OUT OF DEBT!
- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

David Sklar, CPA, CA, CIRP, Trustee

FREE Consultation 310-9200
(NO AREA CODE NEEDED)
DAVID SKLAR & ASSOCIATES INC.
Licensed Proposal Administrators & Trustee in Bankruptcy
HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON
www.DavidSklar.com

WANT YOUR
DEBT GONE?
WELKERANDCOMPANY.COM
WE'RE HERE TO HELP
✔ Erase your debt ✔ Stop collection calls ✔ Avoid bankruptcy
✔ Reduce your stress ✔ Stop garnishments ✔ Get a fresh start
FREE CONSULTATIONS
647-793-6411
MAIN OFFICE: 1969 WESTON ROAD, TORONTO
TORONTO | BRAMPTON | MISSISSAUGA | SCARBOROUGH | BARRIE
WELKER AND COMPANY
Federally Licensed: Proposal Administrator & Trustee in Bankruptcy

TOO MANY BILLS...
...GET A FRESH START!

Bankruptcy • Proposals
Debt Counselling
416-740-5400
Toronto • Rexdale
Etobicoke • North York
Don Mills • Bloor West
Scarborough
KEVIN THATCHER & ASSOCIATES LTD.
TRUSTEE IN BANKRUPTCY
905-273-6300 Mississauga • Brampton
1-888-329-5198 www.billfixer.com
FREE CONSULTATIONS
EVENING APPOINTMENTS
FLEXIBLE PAYMENTS
Head Office: Rexdale, others non-resident

DEBT RELIEF
Are you drowning in debts?
I can help you...
- Consolidate debts, no interest
- Settle your debts without a bankruptcy
- Stop collection calls and garnishments
- Get rid of tax debts and court actions

NONA KUMAR
Estate Administrator
Credit Counsellor
Free Consultation: 416.455.7709
Evenings and weekends appointment also available
Rumanek & Co. Ltd. Administrators of Proposals,
Trustee in Bankruptcy & Debt Consolidation Arrangements:
Head Office in North York, ON. Offices in Scarborough & Mississauga.

LOWEST RATES for bad credit loans since1984
Need a loan?
FAST Same day loans
Personal loans ▸ Up to $5000 (1 yr on job; $18/hr.min.req.)*
Car paid off? ▸ Up to $20,000 (car 6 years or newer)*
Open loans. Pay off early. Get refund.
416 634-2026 *Call for details and conditions
PrudentLoanApprovals.com
A division of Prudent Financial Services

CREDIT PROBLEMS?
REDUCE YOUR ALL YOUR DEBTS
EMPIREONE
www.empireonecredit.com
Consolidate All Your Debts
Into ONE Small Monthly Payment
& Pay NO Interest
416-900-2324
FREE ONE ON ONE CONSULTATION & FREE CREDIT CHECKS
TORONTO 250 CONSUMERS RD SUITE 810
NORTH YORK 1111 FINCH AV. W. SUITE 203
OSHAWA 67 KING ST. E. SUITE 2
MISSISSAUGA 165 DUNDAS ST. WEST

STOP COLLECTION CALLS
GET DEBT RELIEF NOW!
CALL ERIKA
(LICENSED DEBT EXPERT)
Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.
1-877-332-8416
416-288-8048
Scarborough (Main office), Weston,
Brampton, Oshawa, Mississauga (Pt Credit)
Rusinek & Associates Inc Trustee in Bankruptcy www.rusinek.ca

MONEY PROBLEMS?
Make One Small Monthly Payment For All Your Debts!

WE CAN
✔ Stop Collection Calls
✔ Reduce your Debts
✔ Stop Wage Garnishment
✔ Stop Interest Right Away
✔ Re-Establish your Credit
✔ Deal with your Tax Issues
Visit:
GtaCredit.Com
North York (416) 650-1100
Scarborough (416) 754-0011
Mississauga (905) 275-4200
Ajax / Oshawa (905) 426-8400
Brampton (905) 796-3100
Toronto Downtown (416) 489-2000
Call for a FREE & CONFIDENTIAL meeting with one of our Govt. Registered Counsellor

UP TO **$1000 Loan**
No credit checks
Paid over 3 to 5 months
No documents to return
Instant approval
1-800-NEW-CREDIT
(639-2733)
Brokers Lamina

HOME

Harry's PAINTING & DECORATING
1-Bedroom Apt. $420
2-Bedroom Apt. $500
3-Bedroom Apt. $580
Includes materials and paint. Straight ceilings and walls in living room, hall, bedroom, kitchen and bathroom.
Seniors 5%off
647-871-5200
CALL 416-783-7981

MORTGAGE APPROVED!
- 1st and 2nd Mortgage for any purpose.
- Refinance to 87%. Purchase to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good and bad credit are welcome!
- Behind in Mortgage Payments?

WE CAN HELP!
HOMELAND MORTGAGE
416-519-3505 OR 647-273-5626
WWW.HOMELANDMORTGAGE.ORG
License # 11991

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# 10154
Mortgage Genie
www.mortgagegenie.org
416-667-9834

EMPLOYMENT

Atlas Polar Company has openings for an
APPRENTICE HYDRAULIC MECHANIC
Qualifications requirement includes:
- 3 – 4 years' work experience in related industry
- Welding experience an asset

Responsibilities Includes:
- Fabricating, welding and assembly of hydraulic/electrical equipment
- Interpreting blueprints
- Troubleshooting mechanical, hydraulic and electrical

Email your resume to:
mfg@atlaspolar.com

PSYCHIC

World Spiritual Astrologer & Psychic
Pandit: SRI SAI
I AM BORN TO SERVE PEOPLE
If you have any Problems, Meet me once & Get 1001% Immediate Permanent Solutions
1001% GUARANTEE
Love, Husband-Wife Relationship, Marriage, Court, Teenage Issues, Job, Money, Personal Matters Etc
Master Removes Black Magic, Jadoo, Vodoo, Tona, Obeya, Witchcraft & Gives 100% Lifelong Protection
Call: 647-272-3586
2895 Derry Rd East, Mississauga L4T 1B5 (AIRPORT & DERRY)

RECIPE Salmon Dinner Tray Bake

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

A tray bake is the ultimate in ease and deliciousness since roasting always delivers big on flavour.

Ready in
Prep time: 10 minutes
Serves 4

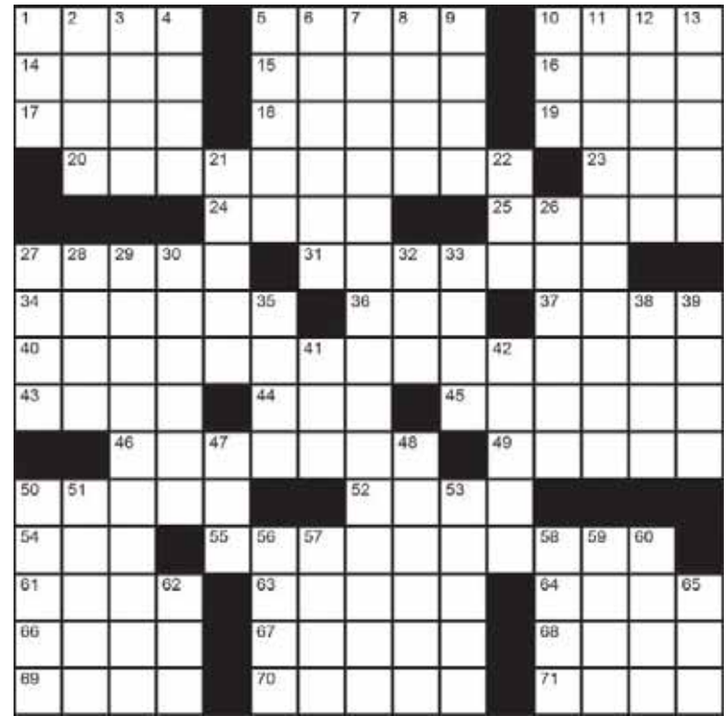
Ingredients
- 12 new potatoes
- 3 Tbsp olive oil
- 2 tsp fresh or dried thyme
- Salt and pepper
- 4 salmon filets
- 1 bundle of asparagus, washed and trimmed
- 20 cherry tomatoes
- Big squeeze of lemon juice

Directions
1. Preheat the oven to 375 F.
2. Line a rimmed baking sheet with parchment.
3. Thinly slice potatoes and scatter them across baking sheet. Season with 2 Tbsp of olive oil, pinch of salt, pepper and thyme. Place in oven for 15 minutes.
4. Remove tray from oven. Increase heat to 400 degrees. Lay the salmon filets over the potatoes and add the asparagus and tomatoes. Return to oven for 10 to 15 minutes, or until salmon is cooked.
5. Remove from oven. Squeeze lemon juice over the whole pan and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Satan's sphere
5. Emily Watson's role in "Gosford Park" (2001)
10. Armoured police team letters
14. "..._, whatever will be, will be..."
15. Like the garden's blanket of grass
16. Type of cotton
17. _-detached house
18. "Fame" singer Ms. Cara
19. Certain cuckoos
20. The Phantom's haunt, _ _ House
23. Chem. suffix
24. Conde _ (Magazine publisher)
25. House's interior, style-wise
27. Greek alphabet's last letter
31. George Hamilton IV's 'prettiest town' country hit of 1963
34. Repairing
36. Southern constellation near Telescopium
37. Ms. Fitzgerald
40. Group of Seven painter born in Sheffield, England in 1881: 2 wds.
43. Bone dry
44. Mork from _
45. Be a participant/captivate
46. Preside over the meeting with another person
49. Tzatziki sauce sandwiches
50. Beijing's locale
52. Samantha's twitcher on "Bewitched"
54. "You bet!"
55. Canadian whisky maker, The Crown Royal _ Company
61. Cut
63. Neil Diamond song that goes "...I used to call your name."
64. Clean-cut
66. Stand-up guy Jay
67. "Network" (1976) director Sidney
68. _ of duty
69. Belonging to Manchester's li'l country
70. They're scattered in gardens
71. And nothing more

DOWN
1. 'Count' suffix
2. HBO comedy starring Julia Louis-Dreyfus
3. "_ la Douce" (1963)
4. Retreat
5. "Clueless" (1995) actress Ms. Donovan
6. Crooner of 1955 song "Domani": Julius _ _
7. Transported to a previous era: 4 wds.
8. Ye olde rest stop
9. Glancer
10. Watering hole
11. Vineyard's storage area: 2 wds.
12. _ acid
13. Shocking weapon
21. Absurd
22. Fruit drink
26. Get-up-and-go
27. Ons opposites
28. Morass
29. Reason for gyms
30. Book of Judges judge
32. Annoy
33. Bathe
35. David of "Rhoda"
38. Construction set brand
39. Nautical affirmatives
41. Rosemary's Baby novelist Mr. Levin
42. Spin-off series of "Buffy the Vampire Slayer"
47. Scoundrel
48. Churned
50. Recurring process
51. Ms. Hunt of Hollywood
53. Casino games
56. Baffin, et al.
57. Andrew of "Melrose Place"
58. 1996 Celine Dion album: 'Falling _ You'
59. Las Vegas brightener
60. Ancient region of Europe
62. Opposite of negative, for short
65. Attempt

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
As today's full moon takes place the area of your chart that governs what you own and what you earn you would be wise not to be too extravagant or generous. Keep something in reserve.

Taurus April 21 - May 21
You must work closely with others and you need to understand that their opinions may differ from yours. Remember, you don't have to agree with them to get along.

Gemini May 22 - June 21
Don't get carried away with big ideas. And don't get so caught up in the grandeur of the bigger picture that you miss the important details. Those details are going to matter.

Cancer June 22 - July 23
The Sun in your fellow Water sign of Scorpio does wonders for your confidence but today's full moon warns you must not get carried away. Limit your activities to areas where you know what you are doing.

Leo July 24 - Aug. 23
You have kept your emotions under wraps but now you must be more outgoing and expressive. This is the ideal time to let loved ones know how much you care for them.

Virgo Aug. 24 - Sept. 23
In your eagerness to get ahead and get the most from each and every situation you will overlook something that either holds you up or trips you up. Slow down a bit.

Libra Sept. 24 - Oct. 23
If you are easygoing with money today you may regret it later, so rein in your extravagant tastes and opt for the simple (and free) things that life has to offer.

Scorpio Oct. 24 - Nov. 22
The Sun in your sign at this time of year gives you heaps of confidence but because there is also a full moon today you will need more than a large dose of self-belief. The most important question is: have you learned from past mistakes?

Sagittarius Nov. 23 - Dec. 21
Others think you are aiming too high but the higher you aim the more you are likely to achieve. There is no limit to what you can accomplish.

Capricorn Dec. 22 - Jan. 20
Today's will open your eyes to new possibilities. Be amazed how limited you have allowed your horizons to be in recent weeks. Get involved in projects that require you to work as part of a team.

Aquarius Jan. 21 - Feb. 19
Play by the rules today. It will not be pleasant if important people discover that you have been cutting corners. You really don't need to cheat.

Pisces Feb. 20 - March 20
You have no fear. Follow your desires, but as there is a rather threatening-looking full moon today you should steer clear of anything that is too excessive — depending on what your definition of "excessive" is.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

8			5					3
		7	2		3			
	3	5			9	4		
2	1		9			7	6	
				3				
	5	4			6		3	1
		8	7			5	9	
			4		2	3		
6					8			2

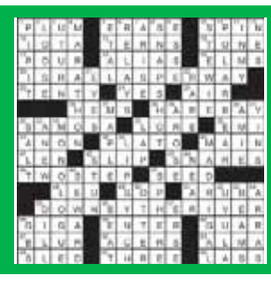
©2015 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

Want a $25 gift card for your opinion?
Join our Online Reader Panel by texting 'join' to 647.559.5090 for a chance to WIN!
metro

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers.

for more fun and games go to metronews.ca/games



3	5	4	9	8	1	2	6	7
2	7	8	4	3	6	1	9	5
9	6	1	5	2	7	8	3	4
5	1	6	2	7	3	9	4	8
4	2	9	8	6	5	7	1	3
7	8	3	1	9	4	6	5	2
6	4	5	7	1	2	3	8	9
8	3	7	6	5	9	4	2	1
1	9	2	3	4	8	5	7	6

The bundle that has it all.

+

+

Fibe TV – the best TV service with popular channels like TSN and Treehouse, as well as unique features like Restart.[1]

Fibe Internet – fast and reliable Internet with download speeds of up to 25 Mbps and unlimited usage.[2]

The most reliable Home phone[3] with features like Call Answer and Call Display, plus unlimited calling to Canada and the U.S.[4]

Get all this for only $160.85/mo. Sign up now and enjoy this limited-time 12-month promo price:

$99.85/MO.[5]

Included in your bundle:

- ✓ Our exclusive Whole Home PVR[6]
- ✓ The best Wi-Fi technology for your home

Applies to full billing periods.[5] $49.95 one-time installation fee on a 2-year contract.[7]

Hurry up, this offer won't last forever.

1 877 763-1551 • Visit a Bell store • bell.ca/fibepromo

Bell bundling just got better

Get expert advice today.
Visit a Bell store near you:

AJAX
Durham Centre

AURORA
14799 Yonge St.
SmartCentres Aurora

BARRIE
44 Cedar Point Dr.
632 Yonge St.
Barrie Power Centre
Georgian Mall

BRAMPTON
100 Great Lakes Dr.
10086 Hurontario St.
Bramalea City Centre
Shopper's World

BURLINGTON
1100 Walker's Line
Appleby Crossing
Burlington Mall
Mapleview Mall

CAMBRIDGE
499 Hespeler Rd.
Cambridge Centre

DUNDAS
101 Osler Dr.

ETOBICOKE
Cloverdale Mall
Sherway Gardens
Woodbine Centre

GEORGETOWN
330 Guelph St.

HAMILTON
1289 Upper James St.
Centre Mall
Eastgate Square
Jackson Square
Lime Ridge Mall

MAPLE
Rutherford Market Place

MARKHAM
7357 Woodbine Ave.
Markville Shopping Centre
Pacific Mall

MILTON
377 Main St. E.

MISSISSAUGA
980 Eglinton Ave. E.
Creekside Crossing
Dixie Value Mall
Erin Mills Town Centre
Heartland Power Centre
Sheridan Centre
SmartCentres Westgate
Square One Shopping Centre

NEWMARKET
Upper Canada Mall

NORTH YORK
Bayview Village
Centerpoint Mall
Crossroads Plaza
Empress Walk
Fairview Mall
Lawrence Square
North York Sheridan Mall
Yorkgate Mall

OAKVILLE
478 Dundas St.W.
Oakville Place

OSHAWA
Oshawa Centre
Oshawa Sobeys Plaza

PICKERING
Pickering Town Centre

RICHMOND HILL
Hillcrest Mall

SCARBOROUGH
259 Morningside Ave.
Eglinton Square
Malvern Town Centre
Scarborough Town Centre

THORNHILL
Promenade Mall

TORONTO
120 Adelaide St. W.
2256 Bloor St. W.
2171 Queen St. E.
2323 Yonge St.
Chinatown Centre
College Park
Dufferin Mall
East York Town Centre
Gerrard Square
Holt Renfrew Centre
Royal Bank Plaza
Scotia Plaza
Shops at Don Mills
The Stockyards Shopping Centre
Toronto Eaton Centre
Yorkdale Shopping Centre – Kiosk

VAUGHAN
Vaughan Mills

WHITBY
SmartCentres Whitby
Whitby Mall

WOODBRIDGE
4080 Highway 7

Also available at:

The SOURCE I WANT THAT

Current as of October 22, 2015. Offer ends December 31, 2015. Available to new residential customers in select areas of Ontario where access and technology permit. The Bundle Program may be changed/terminated at any time. Bell is not obligated to provide the Bundle Discount for the duration of term; see bell.ca/bundledetails. Subject to change without notice; not combinable with other offers. Taxes extra and restrictions apply. For certain offers, customer must select e-bill and create MyBell profile. Early termination charges may apply. Internet Modem rental required; one-time modem rental fee waived for new customers. Actual speeds will vary depending on the distance between the customer's modem and switching equipment from Bell. Speeds on the Internet may vary with your configuration, Internet traffic, server or other factors; see bell.ca/internet. Home phone available where not CRTC-regulated. Service area charge ($4/mo.) may apply; see bell.ca/serviceareacharge. **(1)** Available with select channels/content, excluding US networks and non-local content, and subject to viewing limitations. **(2)** $10/mo. based on $30 monthly fee, less a $20 monthly credit (included in advertised price, see note 5 for details). Available to Internet customers with continued subscription to an eligible Internet and TV bundle; see bell.ca/bundledetails. Subject to your compliance with the Bell Terms of Service; bell.ca/agreements. **(3)** Applies to traditional copper-based (excluding fibre-based) wireline telephony; compared to cable telephony and based on continued service during extended power outages at customer's home. **(4)** Available to customers who continuously subscribe to three select services. Applies to direct-dialed outbound calls to Canada and the U.S. (including Alaska and Hawaii, but excluding other U.S. territories), excluding toll-free calls. Calls to certain conference or adult services or to high-cost areas may be restricted, and subject to other use restrictions in Terms of Service; see bell.ca/legal. **(5)** Available to new customers who continuously subscribe to Bell TV, Internet and Home Phone and to current Home Phone customers who add Fibe TV and Internet. $99.85 promotional monthly price is based on a promotional credit applied to regular price as follows: Bell TV Good package: $45.95/mo., plus $3 Digital Service Fee, less $22/mo. credit for 12 full billing periods, less $7/mo. bundle discount; and Fibe 25: $65.95/mo., plus $10/mo. for unlimited Internet usage, less $39/mo. credit for 12 full billing periods; and Home phone Choice with unlimited Long distance calling to Canada and US: $51.95/mo., less $9/mo. ongoing discount. All prices are subject to change. Promotional price will apply to your first full 30-day billing period and for each full billing period after that, for the duration of your promotion. Your billing period may not start on the day you subscribe to our services. Regular price will apply for services delivered prior to your first full 30-day billing period or if Bell terminates your services during a 30-day billing period. **(6)** $0 rental based on $15 monthly rental fee, less a $15 monthly credit. Available to new Bell TV subscribers with continued subscription to three eligible Bell services; see bell.ca/bundle. The receiver remains Bell's property. You may terminate your rental at any time provided you return the receiver (early termination fees on programming may apply). Receivers may be new or refurbished at Bell's choice. **(7)** Fibe TV installation charges are $199.95 with no contract term. Includes installation of modem, Whole Home PVR and up to 2 additional HD receivers; see bell.ca/fibetvinstall for details. $50 installation fee for each additional receiver. Internet: Conditions apply; see bell.ca/fullinstall. Home phone installation includes one jack at the service entry point where none present; installation fee is $75 for the 1st additional jack, $50 for every subsequent jack. Fibe is a trademark of Bell Canada.